Picture of a lifetime

Ottawa photographer Michelle Valberg — a contender in National Geographic Traveler's 2012 photo contest — captured this unique photo while touring the Arctic in June PAGE 6

MR. BIG SHOT

- He may not have the physique of a sprinter, but Dylan Armstrong is Canada's best hope for a track-and-field medal. Watch the incredible strength of shot-put athletes on Friday at 3:30 p.m. ET on CTV
- If the graceful moves of women's diving or trampolining are more your thing, Metro has the skinny on when to watch and who to root for PAGE 33
- Where can you find royalty in the Olympics? What freak accident happened to one medal? Test your knowledge of quirky Olympic facts on our London 2012 quiz at metronews.ca/olympics

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WEEKEND, August 3-6, 2012

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News worth sharing.

A TIGHT SQUEEZE

British contortionist and former national gymnast Emma Kerger, a.k.a. Bendy Em, performs on Sparks Street Thursday. To find out why things are so tight for her and other buskers, see page 4. GRAHAM LANKTREE/METRO

Stolen goods found in pizza parlour, home

The claim. Further charges will be laid as the owners of stolen property come forward, according to police

GRAHAM LANKTREE
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Police recovered stolen goods worth $150,000 and arrested a man when tactical units searched a pizza place on Cobden Road and a home on Southwood Drive.

"Basically it was a household full of stolen property," said Ottawa police detective Randy Selig. "There was property in the basement, on the main level and upstairs. It filled the entire home."

Among the stolen goods found on Tuesday were computers, cameras, credit cards, clothing, tools and a stolen firearm, many with tags from retail stores still on them.

Police arrested Hicham Ramadan, 48, an employee of the pizza place, after receiving a tip accusing the owner of taking in stolen property.

Ramadan is charged with possession of property obtained by crime and possession of a firearm knowing its possession is unauthorized.

Police spokesman Const. Marc Soucy said police are trying to determine if the thefts are "linked to a larger network" and trying to find the rightful

The goods

$150K

The amount recovered by police in stolen goods from a pizza place on Cobden Road and home on Southwood Drive.

Follow Graham Lanktree on Twitter @MetroGraham

The show must go on

The Rideau Canal Festival — celebrating the canal's 180th birthday — will still shine despite the cancellation of fireworks, say organizers PAGE 7

No Metro on Monday

Metro will not be publishing on the civic holiday. **Tuesday in Metro:** Our pub correspondent, Laura Fortey, is spending the weekend at London's only Canadian pub, the Maple Leaf.

SPA JUNKIE AND The ART OF STRAIGHT TALK: SUGARING

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NEWS 1

‘She was like a sister to me’

Tragic loss. 17-year-old who encouraged her friends to succeed at school will be remembered at her funeral on Friday

JESSICA BEDDAOUI
ottawa@metronews.ca

Family and friends of Lisa Roesler will gather on Friday to say their final goodbyes.

“My life won’t be the same without her, she was always the first one I went to if I had a problem or heard a funny joke,” said Roesler’s best friend, Bethany Rampton.

Roesler, 17, drove a group of friends home at about 5 a.m on Sunday morning but she never made it back to her Fitzroy Harbour home.

A passerby spotted her vehicle in a ditch, wrapped around a tree on Dunrobin Road at about 9:30 a.m. and called paramedics. Roesler was pronounced dead at the scene.

“Her dad bought her a car a couple months ago and she would often come over and hang out with my family, who loved her company,” Rampton said. “She was like a sister to me. We were attached at the hip.”

Roesler was an honour roll student who would push her friends to do well in school, Rampton said. They also played on the same rugby team together and won the Eastern Ontario Secondary Schools Athletics Association championship this year.

“The impact she made on my life will allow me to keep my head high and make me proud to call her my best friend,” Rampton said.

Lisa’s funeral will be held Friday at 11 a.m. at the Glad Tidings Pentecostal Church in Arnprior.

Memorial award

- The Arnprior District High School has created a graduation award, The Lisa Roesler Athletics Award, to honour the late teen’s determination and athleticism, according to Roesler’s best friend Bethany Rampton.

Lisa Roesler, left, and Bethany Rampton share a laugh at a friend’s hunt camp just a few weeks before the crash. COURTESY BETHANY RAMPTON

Mobile news

Miss part of the Olympics? Fear not, we caught all the action in photos from the London Games. Scan the code to see our top images.

Promoters bounce back from music fest theft

In this file photo, from left, Escapade Music Festival organizers Aydin Kharaghani, Michael O’Farrell, Nick Orphanos and Nick Guindon-Vachon ham it up for the camera at a June 18 preview event. METRO FILE

Moving on from the theft of proceeds from one of their biggest shows, promoters at DNA Presents are bringing back one of the headliners from the Escapade Music Festival to Ottawa.

Swedish DJ and electronic music producer Marcus Schössow played at the Jägermeister stage on the opening night of the two-day electronic music festival on Canada Day weekend. He’s coming back to spin at Barrymore’s on Aug. 25, according to DNA Presents co-founder Michael O’Farrell.

He said local DJs will open for the young house and trance artist as well.

Hours after Schössow performed on June 30, someone stole $600,000 in proceeds from the event.

DNA Presents co-founder Nick Guindon-Vachon is wanted by Ottawa police for theft over $5,000 and possession of stolen property over $5,000.

Police have not found him, but did trace his white rental GMC Yukon to the parking lot at Montreal’s Pierre Elliot Trudeau airport shortly after the event.

“We took a month to go over everything and that’s why as a business, for us to continue on, we have to book shows,” said O’Farrell. “We built something great for Ottawa (and) it’s just the beginning of what could be a great thing long-term.”

O’Farrell said more shows will be booked through the fall and plans are the works to throw another edition of their end-of-year show, Pulse.

Tickets for Schössow’s show can be purchased at dnapresents.com. JOE LOFARO/METRO

Quoted

“We built something great for Ottawa (and) it’s just the beginning of what could be a great thing long-term.”

DNA Presents co-founder Michael O’Farrell

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Data cowboy. Man doesn't take city's word for OC Transpo claim

He's armed with data and knows how to use it.

Ottawan Jason White proved OC Transpo's oft-repeated claim — that more than 95 per cent of city residents are within a five-minute walk of a transit stop during rush hour and a 10-minute walk the rest of the time — isn't quite true.

He mashed together census population data, info on the length of roadways from the federal government, detailed population information from Statistics Canada and the city's general transit data feed with stop locations.

It's more like 83.3 per cent, he said.

The "over 95 per cent" figure might look impressive, but didn't take into account the time it takes to walk around things like large buildings.

"People can't fly," he pointed out.

White did the same calculations for the 10 largest cities in Canada that provide transit data freely. He found that Ottawa's 83.3 per cent ranked second, behind only Edmonton.

Quoted

White "created an interesting and useful analysis from a data set we didn't even expect."

Rob Giggey, manager of Ottawa's open data project

White's detailed analysis of OC Transpo stop locations caught the eye of a few city managers during Ottawa Transit Data Day on June 2. Now, the IT department is planning a contest geared towards encouraging other researchers to take a cue from White and analyze public data — not just take the city's word.

White "created an interesting and useful analysis from a data set we didn't even expect," said Rob Giggey, manager of the city's open data project, which offers data files to people like White who are interested in anything from the location of basketball courts to trucks routes, drinking water quality or bus stop locations.

TORSTAR NEWS SERVICE

WITH FILES FROM LAURA MUELLER

Buskers feel pinch in tough economy

Steve Parent, a.k.a, Busker Crash, performs on Sparks Street Thursday.

GRAHAM LANKTREE/METRO

Sad clown. Busking not as lucrative as it used to be, performers say

GRAHAM LANKTREE
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Busker Crash the clown loves making balloon animals for kids. Yet the popular Ottawa entertainer said he's feeling the financial pinch in his 14th year at Buskerfest.

"As entertainers, our sales are down 70 to 80 per cent," said Steve Parent, a.k.a, Crash. "The busker festival is a bonus and keeps me going, but the last three years have been horrible. Large fundraising events can't pay the entertainment costs."

Being an entertainer is a little like being a farmer, Parent said, in that you don't know how much money you are raking in before the end of the year.

"I give 60 per cent off my costs to events like Relay for Life, but they ask if we'll come for free," he said, noting that all kinds of clients have less to spend on their events, from corporate BBQs, to Christmas parties and weddings.

Still, the love of performing is what keeps him going. "Even if I won the Lotto I would still be out doing this for the rest of my life," Parent said.

British contortionist and former National Gymnast Emma Kerger, a.k.a. Bendy Em, also seemed to be feeling the pinch — and not just because she fit herself into a box that was smaller than the one she brought last year.

"A regular cost for my performance is $50," she joked with the crowd, talking them down to $10, $5 or even one or two dollars.

"I make my living performing on the streets," she said. "So if you enjoyed the show, please think of what that's worth."

Follow Graham Lanktree on Twitter @MetroGraham

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Orlando Family Special Air + 7 Nights $465.00
Orlando Continental Plaza — incl $142 base + $323 taxes & fees
INCLUDES airfare from Montreal, and accom near theme parks with 7-day car rental. Price per person based on family of 4. Departs Aug 24/vth/c6. ADD Universal 2-Day Base Ticket $131/adult, $120/child (ages 3-9). BOOK this package based on double occupancy for $207.

California Air + 7-Day Car $632
Alamo Car Rental — incl $499 base + $133 taxes & fees
INCLUDES airfare to San Francisco, return from San Diego and car rental with unlimited mileage. Departs Oct 3/ggv/ua.

Oahu & Maui Air + 7 Nights $1399
Ohana Waikiki West & Aston at the Maui Banyan — incl $1255 base + $144 taxes & fees
INCLUDES 4 nights Honolulu accom in the heart of Waikiki, inter-island flight and 3 nights Maui condo accom in Kihei. Departs Nov 1/ggv/ua.

Europe

Paris Air + Rail Pass $1116*
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INCLUDES airfare from Montreal and a Benelux-France rail pass. Departs Sep 25/eur/ts.

London Air + 7 Nights $1265*
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Vacations

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Costa Rica Air + 7 Nights $1209
Ramada Plaza Herradura — incl $899 base + $310 taxes & fees
INCLUDES San Jose accom. BONUS daily breakfast included. Departs Sep 11/ggv/ua.

Shanghai & Beijing Air + 6 Nights 4-Star $1554
Asset Hotel Shanghai, Dongjiao Marasing — incl $1059 base + $495 taxes & fees
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Once-in-a-lifetime balloon photo up for National Geographic award

Ottawa photographer Michelle Valberg is a contender for National Geographic Traveler's 2012 photo contest because of the above photo, taken in the Arctic in June. PROVIDED BY MICHELLE VALBERG

Photo op. A hot air balloon drifting between icebergs puts Arctic into perspective

GRAHAM LANKTREE
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A shot taken by Ottawa photographer Michelle Valberg while touring the Arctic this June is now a contender in National Geographic Traveler's 2012 photo contest.

This spring Valberg was asked to be the vacation photographer for a wealthy foreigner and his seven-member family as they toured Canada's north.

"They brought along helicopters, a hot air balloon, dive masters and Inuit guides," said Valberg of the experience. "I've been to the Arctic 26 times, but to see belugas and narwhals in their pods, glaciers and landing on a 2,200-foot Fjord, was phenomenal."

Valberg said she caught the shot on the last day of the trip after 12 days of inclement weather, looking out on the iceberg from the base camp. "The very next day fog came in and it started to rain and snow," she said. "I just knew I had a pretty unique shot that not too many people get a chance to take. I was so fortunate."

The winner of the contest is announced in August, but Valberg doesn't yet know if she's a finalist. "I'm always thrilled to have my images on National Geographic," she said, noting that some of her other shots appear in the magazine's archive.

Ottawa balloonist John Davidson was manning the hot air balloon, Valberg said, and she asked him to fly between the gap of the iceberg.

"It was so beautiful the way it moved," she said of the balloon. "When you don't have anything to reference the icebergs against, you don't realize how big they are."

Valberg is readying her first children's book of photography: Ben and Nuki Discover Polar Bears, for release this October.

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Show must go on after fireworks cancelled

Fire ban. Dry conditions put the kibosh on sparks at Rideau Canal Festival, but there's still plenty to see that will light your fire

JOE LOFARO
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The fifth edition of the Rideau Canal Festival will be less explosive with the cancellation of the fireworks show, but organizers are still hoping to go out with a bang to celebrate the canal's 180th birthday.

Nhanci Wright, the festival's executive director, said the burn ban imposed by Ottawa Fire Services forced organizers to remove the pyrotechnic finale from the parade of lights that will take place Saturday night at Down's Lake Pavilion.

"It's disappointing," said Wright. "But we've had a number of fires in the Ottawa area and I think people will be understanding of why we had to cancel."

There will still be lots to see and do this long weekend, including the 25 decorative boats at Dow's Lake that will participate in the parade of lights — all 28,800 of them.

The festival is split up into two venues — Dow's Lake and the Bytown Museum. The latter will take on more of a heritage theme, Wright said, with folk and Celtic music and heritage programming.

DJs and dance performances will give Dow's Lake a more "urban, modern" feel, said Wright, with the exception of the Lois McLure 1862 Canal Schooner Exhibit, which marks the 200th anniversary of the War of 1812.

"She is spectacular," she said. "She's 100 feet (long), she has two full masts and she's going to be there throughout the festival."

Follow Joe Lofaro on Twitter @giuseppelo

Festival 411

- For more details on the festival, visit rideaucanalfestival.ca

Crier Daniel Richer welcomes guests at the launch event for the Rideau Canal Festival Thursday while unveiling the Lois McLure 1862 Canal Schooner docked at Dow's Lake Pavilion. JOE LOFARO/METRO

Caution

Burn ban on all weekend: City

The City of Ottawa is reminding residents that despite the recent bouts of rain, the burn ban will remain in effect over the long weekend.

Residents are reminded to use caution when cooking outdoors, using candles, and that setting off fireworks this weekend is not permitted under the City of Ottawa's Fireworks by-law.

JESSICA BEDDAOUI/FOR METRO

Luring boys?

Ottawa man faces sex assault, child porn charges

Scott Waldo Fraser, accused of luring and sexually abusing six young boys in Ottawa, made a brief court appearance on Thursday.

He faces 42 charges, including 11 counts of extortion and many child pornography charges.

JESSICA BEDDAOUI/FOR METRO

Crime Stoppers

Cops want help with robberies case

Ottawa Police are asking for the public's help identifying a man behind two downtown retail robberies on July 8.

Officers said the first robbery occurred just after 1 a.m. when a lone man entered a Rideau St. convenience store and demanded money, but left empty-handed. Three hours later, the man went to another Rideau St. convenience store and made off with an undisclosed amount of money.

Footage of the suspect
OTTAWA POLICE SERVICE

Anyone with information is asked to contact the Ottawa Police robbery unit at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477.

JESSICA BEDDAOUI/FOR METRO

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Egyptian PM pledges 'people's government' as cabinet sworn in

Representatives. Muslim Brotherhood will have a strong influence in government

Egypt's new prime minister and his cabinet were sworn in on Thursday, the first government since the election of a Muslim Brotherhood leader as the country's first freely elected president.

Prime Minister Hesham Kandil asked Egyptians to rally behind his new government, promising it would represent all the people and trying to deflect the belief that the cabinet will be solely under the Brotherhood's sway.

The cabinet seemed designed to avoid any appearance of Brotherhood domination, including several members of the out-going, military-picked government and mainly technocratic figures. Still, Brotherhood members took four ministries, including the key information minister post, which oversees state media.

The new government is the first since the June 30 inauguration of President Mohammed Morsi, a longtime Muslim Brotherhood leader.

THE ASSOCIATED PRESS

Cairo chaos

Mob attacks luxury hotel

One person was shot to death by police Thursday when a crowd of hundreds went on a rampage against a luxury hotel on the Nile River in central Cairo.

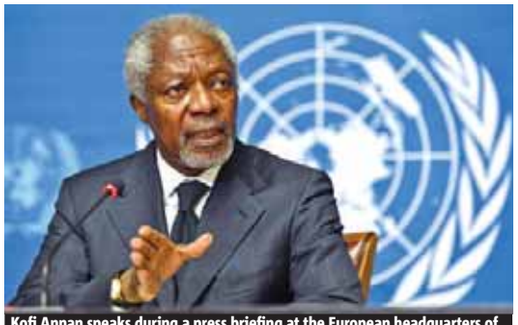
The crowd came from a slum located just behind the hotels. Earlier in the day, several residents of the slum who had been hired by the hotel for protection had tried to get into the hotel to collect payments owed to them. Police stopped them, an altercation ensued, and a policeman shot and wounded one of the men. The larger crowd of nearly 500 returned later and attacked the hotel, the security official said.

Earlier this week, sectarian violence in the village of Dahshour south of Cairo saw a Muslim mob torching Christian homes and damaging the local church. The attack was sparked when an earlier personal dispute swelled into violence and a Muslim man died.

THE ASSOCIATED PRESS

A car burns after riots broke out in front of a luxury hotel in central Cairo, Thursday. A security official said one person was killed when police opened fire on a mob trying to storm the hotel. The official said the crowd of around 500 people smashed the hotel's lobby and set ablaze 10 cars and dozens of motorcycles outside the building, located in a skyscraper housing a glitzy shopping mall and offices. MARTIAL TREZZINI/KEYSTONE/THE ASSOCIATED PRESS

UN's Annan steps aside as Syrian conflict rages on



Kofi Annan speaks during a press briefing at the European headquarters of the United Nations in Geneva, Switzerland, Thursday. Annan is stepping down as chief mediator in the Syrian conflict. THE ASSOCIATED PRESS

Frustrated by Syria's escalating civil war, Kofi Annan announced Thursday that he will quit his high-profile role as special envoy to the country at the end of the month, giving reasons that amounted to scathing criticism of world powers' failure to unite to stop the chaos in the Arab state.

He also asserted that Syrian President Bashar Assad must leave office for the good of his country.

Annan told reporters that when he accepted the job, "which some called 'Mission Impossible,'" he wanted to help the international community, led by the UN Security Council, find a peaceful solution to the crisis. The goal was to stop the killings of civilians and human rights abuses, as well as to place Syria on a path toward political transition.

"The severity of the humanitarian costs of the conflict, and the exceptional threats posed by this crisis to international peace and security, justified the attempts to secure a peaceful transition to a political settlement, however daunting the challenge," Annan said.

But the former UN secretary-general told reporters that he cannot go on when the New York-based, 15-nation Security Council doesn't fully back him, particularly because of the stalemate between its five veto-wielding members: Russia and China on one side, the United States, Britain and France on the other.

Quoted

"At a time when we need — when the Syrian people desperately need action — there continues to be finger-pointing and name-calling in the Security Council."

Kofi Annan

Annan's announcement coincided with Arab countries dropping a demand that Assad resign in the latest draft of a symbolic UN General Assembly resolution that faces a Friday vote in New York.

The watered-down resolution further illustrated the international struggle to build an effective diplomatic approach to Syria's civil war.

THE ASSOCIATED PRESS

No laughing matter

Comedian killed in Somali streets

On one of his recent radio shows, a popular Somali comedian ridiculed commanders of a ruthless Islamist insurgent group that is notorious for forcibly recruiting boys into its ranks and making them fight.

Such ribbing may have cost comedian Abdi Jeylani Malaq his life. On Tuesday, the 43-year-old Malaq was shot dead near his home in Somalia's capital, Mogadishu, by two young men suspected of belonging to al-Shabab, a group that pledges fealty to al-Qaida.

Malaq's death is the latest in a string of what appear to be targeted killings of media workers in Somalia.

THE ASSOCIATED PRESS

15 still being held

Ransom paid for pirate hostages

A negotiator says seven crew members of a Malaysian-owned ship held by Somali pirates since late 2010 are heading home to Pakistan under a partial ransom deal that still leaves 15 merchant seamen held.

Negotiator Ahem Chinky says Pakistani families and groups raised $1.1 million for the release of the crew members from the MV Albino. But that fell short of the $2.85 million sought by the pirates under a deal reached earlier this year.

The remaining crew still held by pirates include seven Sri Lankans, six Bangladeshis, one Iranian and one Indian.

THE ASSOCIATED PRESS

Double explosions

Six people killed in Baghdad bombs

Police say six people have been killed in a double-bombing at a market in a Shiite neighbourhood in northeast Baghdad.

The explosions hit Thursday just minutes before shoppers broke the daylong fast they observe during the ongoing Muslim holy month of Ramadan.

Police said the roadside bombs hit simultaneously around 7 p.m. at the open-air market in Husseiniyah. At least one woman was among the dead, and 14 people were wounded, including two children.

Shiite areas and pilgrims are frequent targets for Sunni militants.

THE ASSOCIATED PRESS

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Vikileaks. Disgraced former Liberal aide working for party again

A Liberal staffer who resigned in disgrace after splashing lurid details of a Conservative cabinet minister's messy divorce all over Twitter in response to the Harper government's Internet snooping bill has resurfaced with the party.

Former Parliament Hill aide Adam Carroll is now working at Liberal party headquarters. But a spokeswoman wouldn't divulge any details about his new gig, saying in an email: "We simply do not comment on personnel."

Tweets disclosing Public Safety Minister Vic Toews' divorce file spurred political intrigue earlier this year, as speculation abounded over the identity of the person behind the Vikileaks30 handle.

Carroll quit his job in the Liberal research bureau once he was identified as the source of the account. He told a parliamentary committee this spring that he set up the Twitter account in direct response to the Conservative government's online surveillance legislation. He also insisted that he acted alone.

Toews infuriated critics when he said that opposing the bill put them on the side of child pornographers. Carroll called Toews' language polarizing. "I took an approach that, put simply, argued if the minister feels strongly that he should know everything about us, perhaps we should know more about the man who wants unrestricted access to our information," Carroll told the committee. "To make the point further, everything I posted was from publicly available documents."

THE CANADIAN PRESS

Reaction

Toews' office accused the Liberals of knowing all along that Carroll was behind Vikileaks.

- **Email from Toews spokesman Mike Mueller.** "This dramatic reversal ... suggests that Carroll acted with the full knowledge and consent of the senior ranks of the Liberal party.... It's clear now more than ever that Mr. Carroll did not act alone, as he claimed."

Royal visitor stops by Canada House

Prince Harry meets a young Olympics fan at Canada House during the 2012 Summer Olympics on Thursday in London. During the surprise visit, the prince sat down with those gathered near a big-screen television to watch Canada row to a silver medal in the women's eight. Harry's visit stirred up some buzz on Twitter, particularly for those who missed out on the chance to rub shoulders with royalty. "SO JEALOUS!!!" tweeted women's soccer player Kaylyn Kyle, who earlier at the Games posted "How does one meet Prince Harry? #lovemesomeredhead". Prince Harry spent about 20 minutes in the building near Trafalgar Square, in the heart of London.

COURTESY CANADIAN OLYMPIC COMMITTEE

RCMP class action

Former Mountie speaks up

Another former RCMP officer is alleging she was sexually harassed on the job as a class-action lawsuit against the national police force got its first hearing in court.

Valerie MacLean says a higher-ranking male officer spent months goading her to be friendly and enter a relationship with him because doing so would be a good career move. MacLean is one of 200 women who have come forward in the suit.

THE CANADIAN PRESS

Seen on Hwy. 401

Trucker's driving puzzles police

Police pulled over a truck driver who was allegedly working on a newspaper brain teaser while driving on Highway 401 in Chatham-Kent. Police say the driver was so focused, he didn't notice them for more than a minute.

Fifty-four-year-old Daniel Irons of St. Thomas is charged with distracted driving. THE CANADIAN PRESS

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Annual Kremlin youth camp cultivates new edgy vibe

Russia. Camp welcomed opposition activists, Banksy logo

The spirit of rebellion roiling Russia this year stretches even into the Seliger youth camp, an annual Kremlin-funded event that has long been seen as a training ground for truculent Putin loyalists.

This year's camp, which wrapped up Thursday, struck a different chord. Organizers encouraged opposition activists to take part, and cultivated an edgy vibe symbolized by a new logo designed by graffiti artist Banksy.

But many question whether Seliger's makeover is an attempt to constructively engage the opposition or co-opt a movement that severely rattled President Vladimir Putin with a wave of massive demonstrations over the past year.

Recently passed measures such as an astronomical increase in fines for taking part in an unauthorized demonstration may do little to discourage protesters — and even encourage more people to support the opposition. And Putin has shown tentative signs of trying to mollify the opposition without actually giving ground.

Whether that thinking underlies the Seliger camp's new image is unclear — but the changes this year were striking.

Inaugurated in 2005, the Seliger summer session for years was open only to members of Nashi, the pro-Kremlin youth group noted for its vehement devotion to those in power, and affiliated groups. The camp, located 350 kilometres northwest of Moscow, long had an iconography that some have likened to a neo-Soviet personality cult.

Some campers wore white ribbons — the opposition's symbol — while others dressed in shirts showing the stripes of a 19th century Russian flag that is now a popular image for nationalists. THE ASSOCIATED PRESS

On the walls

- **2010.** Images of activists with Nazi hats under a sign reading "You're Not Welcome Here"
- **2011.** Portraits of Putin and Dmitry Medvedev
- **2012.** Banksy images of a young man about to toss a bouquet of flowers

In this photo taken Tuesday, Russian President Vladimir Putin looks at a crock while meeting with pro-Kremlin youth activists at a camp at a bank of Seliger Lake in Tver region, Russia. ALEXI NIKOLSKY/RIA NOVOSTI/PRESIDENTIAL PRESS SERVICE/THE ASSOCIATED PRESS

Putin wants 'fair' ruling for punks

Nadezhda Tolokonnikova, a member of feminist punk group Pussy Riot, is escorted to a court room in Moscow, Thursday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Russia's President Vladimir Putin on Thursday criticized the feminist punk rockers facing trial for performing a "punk prayer" against him at Moscow's main cathedral, but said that a punishment for them shouldn't be too severe.

Putin's comments to Russian reporters on a visit to the London Olympics were the leader's first reaction to the trial of three members of the Pussy Riot band, whose imprisonment has drawn international outrage. It may signal that the Kremlin has opted for a milder punishment for the women than the seven years they could face.

Asked about the case, Putin said that the stunt "was no good" and would have entailed a much tougher punishment for its participants if they had performed it at a holy site in Israel or even death if they had done it at some Muslim site in Russia's North Caucasus region.

"If they went to desecrate some Islamic holy site, we wouldn't even have had time to take them into custody," he said before suggesting that they had already learned their lessons and mustn't face an especially tough punishment.

"I don't think that a verdict should be very severe," he said in remarks carried by Russian news agencies. "I hope that the court will make a fair, well-founded ruling."

Courts in Russia closely heed signals from the government, and Putin's statement sounded like a clear sign that the verdict for the rockers might be milder than anticipated.

Putin's visit to the Games came as British musicians joined an international outcry over the case. The Who's Pete Townshend, former Pulp frontman Jarvis Cocker, Neil Tennant of the Pet Shop Boys and others said that the band members were involved in legitimate protest and called for their release in a letter published Thursday. THE ASSOCIATED PRESS

Quoted

"I don't think that a verdict should be very severe"

Russian President Vladimir Putin

Fast food. Chains accused of violating Chilean ban on toys

A new law in Chile aims to take some of the fun out of fast-food by forcing McDonald's, Burger King, KFC and other restaurants to stop including toys and other goodies with children's meals.

The companies are still using toys to draw in Chile's increasingly chubby children more than a month after the ban took effect on June 7, Sen. Giudo Girardi said as he filed a formal complaint Wednesday with the health ministry.

"These businesses know that this food damages the health of children and they know that the law is in effect. They're using fraudulent and abusive means," Girardi said.

The complaint also targets makers of cereal, popsicles and other products that attract children with toys, crayons or stickers, as well as markets that sell the food.

If Chile's health ministry upholds his allegations, the companies could be forced to remove the goodies or face nominal fines. THE ASSOCIATED PRESS

Puerto Rico

Mayor to campaign by sleeping in street

The mayor of Puerto Rico's capital says he will sleep aboard a bus on the streets of San Juan to prove they are safe.

Jorge Santini said Thursday that he and his family will spend several nights on a bus parked in different neighbourhoods. He also plans to cook a typical rice-and-beans dish for residents of those communities as part of his re-election campaign.

Santini said he wants to prove that crime has not taken over San Juan, though many of the island's 1,117 homicides last year occurred in the metropolitan area. THE ASSOCIATED PRESS

Our race to reclaim the seas

Man-made islands. Overpopulation and environmental threats are prompting nations and entrepreneurs to develop artificial floating cities

KIERON MONKS
Metro World News

"Our state is small and crowded," Israeli Prime Minister Benjamin Netanyahu told his cabinet in June. "Artificial islands entail many opportunities for the State of Israel."

Israel is following the examples of Dubai and Japan in creating new territory at sea. The government has plans to build artificial islands off major cities for military, industrial and residential use. Indeed, across the world, incentives such as overpopulation and environmental threats are prompting nations to develop the possibilities.

In some cases it is a matter of survival, as with the Maldives islands on the Indian Ocean, whose people are frantically seeking to build artificial territories before rising sea levels force them out.

Existing man-made islands have had mixed results. While the largest, Flevopolder in the Netherlands, has become a thriving business and tourism hub, Dubai's World Islands have stalled due to the staggering $14-billion investment and the fact the islands are beginning to sink.

Island for one? A mock-up of an Orsos luxury island. CONTRIBUTED/ORSOS

Dutch construction company Dura Vermeer is designing the FLOATEC floating community using polystyrene foam as a base for buildings. "All technical challenges have been met," project leader Edwin Blom says.

Leisure and business agendas are beginning to drive development. In July, Austrian company Orsos began selling its first luxury private "islands" — large yachts that can be towed anywhere — and claims to have thousands of requests.

Peter Thiel, the billionaire co-founder of PayPal, has announced his intention to build a "libertarian utopia" on a new island with no taxes or welfare and freedom from laws, a scenario Blom says highlights the potential for chaos.

New islands are planned to exploit gas fields in the Arctic and Mediterranean, but conservationists say artificial islands have a disastrous impact on marine ecosystems.

"Things are being put in place so quickly we don't know what is going to happen," says Peter Sale, a marine ecologist at the United Nations University Institute for Water, Environment and Health. The race to reclaim the sea could yet become a battleground.

Unsceptred isle

"There are almost no regulations for floating communities."

Edwin Blom, project leader for Dutch floating island company Dura Vermeer

Going Dutch: A graphic representation of artificial islands constructed in the Netherlands. CONTRIBUTED: DURA VERMEER

Floating homes

The world's most well-known artificial islands:

- **Lake Titicaca, Peru/Bolivia** The Uros people have been living on islands made of reeds on the lake for centuries.
- **Thilafushi, Maldives** The Maldives solved its overcrowding problem by filling a lagoon with 330 tons of trash and building industrial plants on top. Leaking asbestos has caused problems.
- **Spiral Island, Mexico** British artist Richard Sowa built this floating home and eco farm from recycled material.
- **Sealand, U.K.** Paddy Roy Bates seized a Royal Navy fort in 1967 and has lived on it since, trying to gain secure nation status.

The floating islands of Lake Titicaca have supported human habitation for centuries. WIKIMEDIA COMMONS

Proposal. Ice as land?

Russian scientist Alexander Bolonkin has studied floating cities and believes the best solution for residential living is an ice base. It would be transferred from the Arctic and "protected from warm water with air film balloons," he said, adding the environment would be perfect for agriculture and energy could be harnessed from the ice to keep costs down. Bolonkin is seeking an investor but has had little interest. "The main problem is that the project is too new," he said.

KIERON MONKS/METRO WORLD NEWS

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Michael Rafferty is transported from a courthouse in the back of a police cruiser in London, Ont., on March 14.
DAVE CHIDLEY/THE CANADIAN PRESS

Rafferty appeals conviction in Stafford murder

Court. It is not uncommon for those who receive a life sentence to appeal

Michael Rafferty, the man sentenced to life for the killing of eight-year-old Tori Stafford, is appealing his conviction on grounds the judge failed to properly instruct the jury.

In the appeal received by the Court of Appeal for Ontario on July 26, Rafferty also says the "jury failed to apprehend the evidentiary requirement to convict for first-degree murder."

If a new trial is ordered, he would like a trial by jury, Rafferty wrote from prison.

Rafferty missed the 30-day deadline to appeal his conviction but asked for an extension, attributing the delay to "inability to use the telephone to contact legal counsel."

Lawyer wanted?

- It's not clear whether Michael Rafferty has a lawyer. Dirk Derstine, his lawyer for the original trial, told the London Free Press in June that he would not be Rafferty's appeal lawyer.

Rafferty, 31, was sentenced May 15 in the abduction, rape and murder of the Woodstock girl.

Tori went missing on April 8, 2009, triggering one of the largest manhunts in Canadian history. Rafferty and Terri-Lynne McClintic, then lovers, were arrested a month later and charged.

Tori's remains were found on July 19.

McClintic pleaded guilty to first-degree murder and was sentenced to life in prison in April 2010.

Rafferty's trial, with shocking twists and turns, lasted 10 weeks. The jury took about a day to render a guilty verdict.

TORSTAR NEWS SERVICE

Mix-up

Family buried wrong baby

The New York City medical examiner's office says it is responsible for an error that resulted in a family burying someone else's stillborn baby in their native Poland in June.

Justyna and Rafal Sliwa told the New York Post newspaper they were notified of the mistake July 6.

Information on the other family was not made public. A spokeswoman for the medical examiner's office, Ellen Borakove, says the babies had "strikingly similar names."

THE ASSOCIATED PRESS

Holmes. Psychiatrist tried to bring alleged shooter to school's attention: Report

The university psychiatrist seeing the young man accused in last month's Colorado theatre massacre repeatedly tried to discuss her patient with a campus behavioural and security committee nearly a month before the attack, but the group never convened, a new report said.

KMGH-TV, citing sources it did not identify, reported Wednesday that psychiatrist Lynne Fenton called members of the University of Colorado team about graduate student James Holmes in early June. It wasn't known what Fenton wanted to discuss, the station said.

Holmes dropped out of the school on June 10. He was arraigned Monday on charges of killing 12 people and wounding 58 in a rampage at the opening of the new Batman film on July 20. Legal experts have said his mental state will play a key part in the case.

KMGH reported that campus officials did not contact police before July 20 and the committee didn't meet to discuss Holmes because he began the process of dropping out. THE ASSOCIATED PRESS

Tablet update. RIM launches new PlayBook for faster networks

Research In Motion is launching its new PlayBook tablet for advanced networks that will have a faster Internet experience, giving the Canadian tech company an updated product to sell before its new smartphones come to market.

RIM's latest PlayBook will be launched next week — in Canada first — and is designed for wireless networks with speeds equivalent to high-speed home Internet services on land lines.

The 4G LTE PlayBook tablet computer will be available Aug. 9 at Rogers, Bell and Telus — Canada's three largest carriers.

RIM said Thursday the price of the new PlayBook, which has 32 GB of memory storage, will depend on the region and provider. But Telus said it will sell for $549.99.

The new PlayBook is also ready for corporate email systems and keeps business information secure and separate from personal information, RIM said.

However, PC Magazine analyst Sascha Segan said any anticipation is for RIM's next generation of smartphones called BlackBerry 10.

"Consumers are past the PlayBook now and they're waiting to see what happens with BlackBerry 10," said Segan, lead analyst for mobile devices.

The BlackBerry 10 smartphones, expected to be even more like mobile computers, are due out in 2013, about a year later than RIM had announced — leaving the company with an older inventory of smartphones to sell.

THE CANADIAN PRESS

Restructuring

- There are reports that RIM will shutter its few company-owned North American retail stores and reveal details of 3,000 jobs to be cut under a previously announced restructuring plan by the BlackBerry maker.
- A source familiar with RIM's retail presence said Wednesday that the company's last existing storefront in Michigan will soon shut down, as well as nine airport locations.

Canada warms up to Appleton rum

Appleton marketing manager Peter Hottmann, pictured, is spearheading an aggressive new advertising campaign that is boosting the 263-year-old rum brand's fortunes in Canada. Thanks to a man-about-town approach and a sexy TV ad that focuses on prospective drinkers instead of the product's Jamaican roots, in just a few months sales of Appleton Estate rum are up 10 per cent and growing across Canada. VINCE TALOTTA/TORSTAR NEWS SERVICE

Alternative fuels

Candu expands deal with China

Candu Energy said Thursday it has signed an expanded agreement with China National Nuclear Corp.'s subsidiary companies to continue work on using recycled uranium and thorium as alternative fuels for new reactors.

The company said the 24-month agreement is expected to result in a detailed conceptual design of an advanced fuel Candu reactor. THE CANADIAN PRESS

Market Minute

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GOLD
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Natural gas: $2.92 US (-25.1¢)
Dow Jones: 12,878.88 (-92.18)

Enbridge confident it can meet B.C.'s demands

Operations co-ordinator Doug Rotzien works at the Enbridge Pipelines oil terminal facility in Hardisty, Alta. LARRY MACDOUGAL/THE CANADIAN PRESS

Pipeline and utility company Enbridge is confident it can meet all of the safety demands of the B.C. government for the company's proposed Northern Gateway pipeline project, chief executive Patrick Daniel said Thursday.

"We feel absolutely confident that we can do that," Daniel told a conference call to discuss the company's latest quarterly results.

The B.C. government said last month the company must include "world-leading" plans to prevent and respond to a marine or land oil spill as well ensure aboriginal and treaty rights are addressed in order to win the province's support.

The province also wants to receive what it calls a "fair share" of the economic benefits that reflects the risk borne by the province.

The comments by the company came as it reported a second-quarter profit of $11 million or a penny per share on $5.72 billion in revenue, down sharply from $302 million or 40 cents per share on $6.94 billion in revenue a year ago due to unrealized losses on a hedging program.

Excluding one-time items, Enbridge reported an adjusted profit of $277 million or 36 cents per share, up from $258 million or 34 cents per share a year ago.

The average analyst estimate had been for 38 cents per share of adjusted earnings and $5.18 billion in revenue, according to figures compiled by Thomson Reuters.

The company attributed the year-over-year improvement in adjusted earnings to increased contributions from its Canadian Mainline and Spearhead Pipeline. THE CANADIAN PRESS

Pipeline problems

- Enbridge has faced scrutiny and criticism in recent days following a spill last week from its pipeline running through Grand Marsh, Wisc., which dumped roughly 1,200 barrels of oil into a field that is part of the pipeline right-of-way.
- Daniel said the company is learning from the spills and improving operations.

Vancouver home sales down in July

July home sales in Vancouver, once the country's hottest real-estate market, continued to slide and hit their lowest total for the month since 2000.

The Real Estate Board of Greater Vancouver reported Thursday 2,098 properties sold in the month, down 18.4 per cent from 2,571 in July 2011 and down 11.2 per cent from June's mark of 2,362, which was also the lowest total for that month since 2000.

Despite the sharp drop in the number of homes sold, the board says the MLS home price index composite benchmark price was $616,000, up 0.6 per cent from a year ago, but down 0.7 per cent from June.

"People appear to be cautious about making significant financial decisions right now," board president Eugen Klein said in a statement.

By the numbers

$616,000

The current benchmark price on the Vancouver MLS home price index sits at $616,000.

"While our local economy appears to be quite robust, there may be some concern about the impact of international markets and the federal government's tightening of mortgage regulations."

The total number of active residential property listings on the MLS system was 18,081, up 18.8 per cent from a year ago, but down 2.2 per cent compared with a month ago.

The board says with a sales-to-active-listing ratio of 11.6 per cent, conditions have favoured buyers in the market in recent months.

The view from a $10-million condo in Vancouver. THE CANADIAN PRESS

"That means buyers have more selection to choose from and more time to make a decision," Klein said.

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SNOOP LION, A SILVER MEDAL AND TWITTER SHENANIGANS

THE LIST
Neil Morton
Metro

1 **Fifty Shades of parody.** My fave parody of Fifty Shades of Grey is housed on Twitter, @50ShedsofGrey, which already has more than 70,000 followers since launching. It describes itself as "erotica for the not-too-modern male." Sample tweet from this 'shed porn': "We tried various positions — round the back, up against a wall . . but the bottom of the garden was the only place for a really good shed." Lol.

2 **The Campaign.** Will Ferrell and Zach Galifianakis made a stop in Toronto Monday to promote their political comedy The Campaign (out Aug. 10). They pulled out all the stops — including a red carpet screening of the movie and a visit to the Hockey Hall of Fame, where they showed up not in a limo, but on a Zamboni. Great campaigning Canadiana style.

3 **@stats_canada.** The hilarious new Twitter account @stats_canada pokes fun at Statistics Canada — and the whole notion of demographic statistics and what relevance they have to Canadians. With tweets like "70% of Canadians believe Gordon Lightfoot is a yoga position," and "At any given time, 3 million Canadians are on a Timmie's run," this is a 99.9999 per cent must follow.

4 **Bengals can't tweet.** The NFL's Cincinatti Bengals have been banned from tweeting during training camp at the stadium by their coach Marvin Lewis to try and help them focus while they work out the next few weeks. Holy social media crackdown! What's next? No phone calls either? I don't get it.

5 **Big Brother.** A national casting call for the first Canadian edition of Big Brother began this week. The show will launch on the Slice network this winter, and applicants can apply at bigbrothercanada.ca. I couldn't apply to the upcoming Bachelor Canada (I'm married), but maybe I'll take a crack at this — or hold out for a Real Househusbands of Canada.

6 **Jonah Lehrer.** The writer resigned from his staff writer position at The New Yorker after he admitted to making up Bob Dylan quotes for his best-selling non-fiction book Imagine. Where will Lehrer and the book go from here? The answer, my friend is blowin' in the wind. But a hard rain's a-gonna fall.

7 **Snoop Lion?** 40-year-old Snoop Dogg announced this week that, 1) he is longer rapping (he's switching to reggae) and 2) he's changing his name to Snoop Lion after a spiritual and artistic rebirth while in Jamaica where he was given the new moniker by Rastafarian priests. This is one heck of a mid-life crisis.

8 **Milos Raonic.** In an epic four-hour long Olympic tennis match, Canada's tennis star came out on the losing end to France's Jo-Wilfried Tsonga 6-3, 3-6, 25-23. The third set was three hours long. As sports journalist Bruce Arthur tweeted during the match, "17-17, Tsonga serving. What a glorious moment it will be when Raonic or Tsonga's son wins this match one day."

9 **Brady Bunch.** Fans of the 70s hit show The Brady Bunch are salivating at the prospect of the show making a comeback. With Vince Vaughn as executive producer, CBS is apparently developing a reboot of the cult comedy. If this goes well, will remakes of Three's Company, Welcome Back, Kotter and WKRP In Cincinnati be waiting in the wings?

10 **Canadian medals.** In perhaps one of Canada's most exciting Olympic-medal wins this week, our relatively inexperienced men's eight rowing team made a dramatic surge in the final 500 metres of the 2,000-metre race to overtake the hometown Brits and win a silver. Almost better than gold. Beauty moment, eh?

11 **Baby mama drama.** A new love and relationship reality series with the working title Single and Pregnant is casting in the United States for single and pregnant women. It's being cast by the team behind Jersey Shore. This could be the end of pop culture.

Follow The Metro List on Twitter @TheMetroList

Land of Arctic aliens

NICCOLÒ BONFADINI/SOLENT

Landscaping

Stunning photo of otherworldly landscape

Who is guarding the frozen north?

Judging by this mysterious photograph, these giant 'ice worms' sprouting out of the ground.

This incredible yet surreal picture actually shows trees buried in thick snow, on a landscape located close to the Arctic Circle.

Metro spoke with Italian photographer Niccolò Bonfadini on his eerie, yet striking image.

METRO

Behind the lens

- Bonfadini took this stunning shot while camping alone in Finland's beautiful Riisitunturi National Park. "I was blown away by the otherworldly landscape, everything was white as far as the eye could see. Everything was frozen," he told Metro.
- The young photographer of course faced many challenges in this barren frozen world. "What made the trip harder than average was the fact that I was completely alone. But I prefer it like that, I don't like crowds," he said. "My backpack weighed about 30 kilograms. What I ate consisted of powdered, freeze-dried food. And the temperature can go as low as -40 C."
- "The morning I took this picture was a very special one," Bonfadini said. "I had slept with my tent on top of a hill to watch the sunrise. An eerie mist was forming around the trees, enhancing the mysterious atmosphere. The three trees were standing right in front of me. They immediately appeared to be like sentinels to me. That is why I decided to name the photograph 'Sentinels of the Arctic.'" He added: "Some thought they were volcanic eruptions and clouds. To me they seemed to be alive like frozen people."

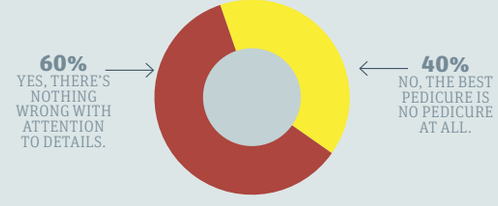
Niccolò Bonfadini SUBMITTED

- "I used both a medium format analog camera and a Canon DSLR camera. Some graduated neutral density filters placed on the lens helped me achieve this result. By placing the filter's darker side against the sky it helped to retain more details in the lighter parts of the image by keeping their luminosity down."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

It's summer — should men get pedicures?



Twitter

@gabrielle_vu: The #2012Olympics are so damn addicting! can't stop watching them and keeping a close eye on the results of the @CDNOlympicTeam !!

@Sebastianmol1: Mhmmm the taste of silver in the morning. Love our rowers!

@ryancaintri: How can u not be xtra motivated during ur workouts after all the ?@CDNOlympicTeam outstanding performances! Thx Brent Hayden & womens 8!

@Louscoo: Congrats to all the silver and bronze Canadian medalist. All the @CDNOlympicTeam that #giveyoureverything are GOLDen in my books!

@vpachner: Congratulations on Canada's women's 8 rowers silver medal today! It was an amazing race!

metro
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Celebrate the 180th Birthday of THE RIDEAU CANAL!

RIDEAU CANAL FESTIVAL

Malone's LAKESIDE GRILL

The Rideau Canal Festival is a four day event enriched with culture, heritage and activities that are sure to bring a weekend filled with fun for all! From boating and outdoor leisure enthusiasts to heritage buffs and art lovers, the celebration will offer FREE entertainment for the whole family! Activities take place at the Festival's two main sites, Bytown Museum/Ottawa Locks, and Dows Lake, all connected by Ontario's ONLY UNESCO World heritage site! The party runs all weekend long, don't miss a minute of the fun!

Organisation des Nations Unies pour l'éducation, la science et la culture
United Nations Educational, Scientific and Cultural Organization

Canal Rideau inscrit sur la Liste du patrimoine mondial en 2007
Rideau Canal inscribed on the World Heritage List in 2007

DOWS LAKE – Saturday and Sunday

Dows Lake is the site for The Rideau Canal's 180th high-energy, mid-summer birthday bash featuring an explosion of music, fire weavers and street performers. For family fun, there are face painters, children's crafts and entertainers to fully amuse young and old. All this, plus a parade of lights, the incredible Rideau Canal Flotilla and the Dows Lake Pavillion Fireworks display. Be part of the biggest floating birthday party Ottawa has ever seen!

DOWS LAKE PAVILION

SCHEDULED EVENTS

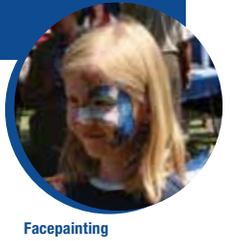
Saturday, August 4
11:00am – 10:00pm

- DJ Andrew Carter – 11:00am – 1:00pm
- Three Little Birds – 1:30pm – 2:30pm
- Penny Farthing Bicycle – 1:00pm – 4:00pm
- Kaliandrews Dance Company Performance – 3:00pm – 3:45pm
- Dj Paulo Cordoso – 4:00pm – 6:00pm
- My Tiny Circus – 6:30pm – 8:00pm
- Roaming entertainment: The Unsettlers – 8:00pm – 9:00pm
- Fire Weavers performance – 8:45pm – 9:00pm
- Dows Lake Parade of Lights – 9:00pm – 10:00pm
- Dows Lake Pavilion Fireworks – 10:00pm – 10:30pm

Schedule subject to change

ONGOING ACTIVITIES

- Ottawa Art Gallery Art Tent
- Director's Cut Claymation Stop Motion Animation Daily Workshops
- Robotics Workshop
- Hula Hoop Workshops
- Kali Andrews Dance Company demos
- Boat Rentals: canoes, kayaks & pedal boats
- Boatscum Camp Re-enactment
- Dows Lake Stage
- Canal Shuttle and Water Taxi
- Face Painting
- Rideau Canal 180th Birthday Party Team
- Shutterbug Photo Booth
- Liquid Skills kayak tours & clinics
- Pirate Adventures Boat Tours



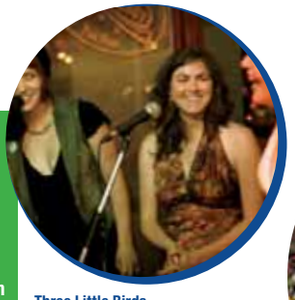
Facepainting
Saturday and Sunday,
All day

SCHEDULED EVENTS

Sunday, August 5
11:00am – 4:00pm

- Kali Andrews Dance Company Performance – 11:00am – 11:45am
- The Unsettlers – 12:00pm– 2:00pm
- Penny Farthing bicycle – 12:00 – 2:00pm
- VIP area animation: School of dance – 11:00am – 12:30pm
- School of Dance – 12:30 – 2:00pm
- Flotilla Lounge – 12:00pm – 3:00pm
- Flotilla – 2:00pm – 3:30pm

Schedule subject to change



Three Little Birds
Saturday · 1:30pm – 2:30pm

KaliAndrews Dance
Company Demonstrations
Saturday · 11:00am – 6:00pm
and Sunday 11:00am – 2:00pm

For a complete list of activities, visit www.rideaucanalfestival.ca

COME JOIN THE FUN AT OUR TWO SITES - BYTOWN MUSEUM/OTTAWA LOCKS AND DOWS LAKE!

Waterway Soundfaire
presented by Chamberfest
Saturday · 2:00pm – 5:00pm

Heritage couples
Saturday and Sunday, All day

OTTAWA LOCKS/BYTOWN MUSEM – Friday, Saturday and Sunday

The Bytown Museum/Ottawa Locks site will allow you to experience the story of the Rideau Canal with animated heritage presentations and live entertainment. Watch stone carvers at work and bid to own one of their amazing creations. See talented performers from all around the World take the stage, and take a stroll on a Heritage Walk with local historians as your guides. Don't forget to drop by Colonel By Bistro to quench your thirst with wine and beer, watch live entertainment and have a snack!

ONGOING ACTIVITIES — Friday, August 3 10:30am – 5:00pm

- Festival Information Kiosk/Love Locks
- Bytown Museum Permanent Collection
- Bytown Museum Special Exhibit
- World Heritage Day Camp - 10:30am-2:30pm
- Colonel By Stage
- UNESCO World Heritage Photography Exhibition
- Friends of the Rideau Boutique

SCHEDULED EVENTS

- Bytown Museum Hours – 10:00am - 9:00pm
- Heritage Walking Tours – 2:00pm - 3:30pm

Schedule subject to change

ONGOING ACTIVITIES — Saturday and Sunday

- Festival Information Kiosk/Love locks
- Bytown Museum Permanent Collection
- Bytown Museum Special Exhibit
- Connecting Children With World Heritage
- Colonel By Stage
- UNESCO World Heritage Photography Exhibition
- Parks Canada Heritage Animation (gateshop, sappers/miners, interpretive centre, musket drills, Parka the Beaver mascot)
- Stone Carvers Exhibition & Demo Booth
- Friends of the Rideau Boutique
- Colonel By Bistro (licensed)
- Bytown Market (food market)
- Heritage Animation Couples
- Rideau Heritage Stage
- Aim for Zero Centre
- Rideau Canal 180th Birthday Party Team
- Tea tasting

SCHEDULED EVENTS — Saturday , August 4 10:00am – 5:00pm

- Bytown Museum Hours – 10:00am - 5:00pm
- Heritage Walking Tours – 2:00pm - 3:30pm
- Céilí on the Canal – 2:00pm - 5:00pm (Rideau Heritage Stage)
- Waterway Soundfaire – 2:00pm - 5:00pm (Sapper's Bridge)

Schedule subject to change

SCHEDULED EVENTS — Sunday, August 5 10:00am – 5:00pm

- Bytown Museum Hours – 10:00am - 5:00pm
- Heritage Walking Tours – 2:00pm - 3:30pm
- Gaelic Unplugged – 11:00am - 12:30am
- China's Gift to the 180th Birthday of the Rideau Canal – A Celebration of World Heritage – 2:00pm to 5:00pm
- School of Dance – 2:45pm – 3:45pm

Schedule subject to change

Huntley Slim
Rideau Heritage Stage –
Saturday · 11:00am – 2:00pm

Canadian Stone Carving Exhibit
Saturday and Sunday, All day

Presented by:
G Gibson Co Ltd, Gran Quartz Canada, KJW Gem, Trow and Holden
Sponsored by

PCL CONSTRUCTION LEADERS

COLONEL BY DAY – Monday, August 6 10:00am – 4:00pm

Again this year, Colonel By Day is the finale to the Rideau Canal Festival. Colonel By Day celebrates the accomplishments of Lt. Colonel John By and the workers in constructing the Rideau Canal and founding of Bytown; our present day Ottawa!

Join CHOO/COPO and the Bytown Museum to commemorate Colonel By with a FREE fun-filled day of heritage. This year's programming will feature live musical performances, traditional dancing, heritage craft demonstrations, face-painting, costume characters, beautiful scenic heritage photo-ops, games for children and FREE admission to the Bytown Museum.
For more information visit www.choocopo.ca

musée|museum BYTOWN

CHOO/COPO

FESTIVAL MAP

RIDEAU CANAL FESTIVAL DU CANAL RIDEAU

Bytown Museum/ Ottawa Locks site

musée|museum BYTOWN

OFFICIAL RESTAURANTS

1. Malone's Lakeside Grill
2. LAGO BAR|Grill|View
3. GuadalaHARRY's Bar & Grill
4. Giovanni's Ristorante
5. The New Nupur
6. Fresco Bistro Italiano
7. Grill 41 Restaurant
8. Metropolitain Brasserie
9. The Grand Pizzeria and Bar
10. Luxe Bistro
11. Blue Cactus Bar and Grill
12. Empire Grill Restaurant
13. Stella Osteria
14. Burgers on Main
15. Prime 360
16. Stella Luna Gelato Café
17. Mambo Nuevo Latino
18. The Pine
19. Kinki

OFFICIAL HOTELS

20. Monterey Hotel
21. Crowne Plaza Ottawa
22. Lord Elgin
23. Marriott Ottawa
24. The National

RIDEAU CANAL FESTIVAL DU CANAL RIDEAU

Dows Lake site

DOWS LAKE PAVILION

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For a complete list of activities, visit www.rideaucanalfestival.ca

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Kate Beckinsale in Total Recall. THE CANADIAN PRESS

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

All chase, no sci-fi

Total Recall. Too busy to be boring, this remake is a decent action flick, but falls flat as a paranoid sci-fi mind-bender

Richard: Mark, the original Total Recall was simultaneously beaten up on release for its level of violence and praised for its complex story. The same can't be said for the remake. The body count is still high, but the story plays more like a high-tech version of The Fugitive than a sci-fi mind-bender. It's a pretty good chase movie, but the sci-fi falls flat.

Mark: As does the storyline, the characters, the dialogue, and most importantly, the satire. It's too busy and kinetic to be a boring movie, but you don't care much about why all the carnage is taking place. I loved the original, Richard, but it had a nice, slow build and was a sly "mind-bender" as you call it. I don't know why they had to attempt a remake, unless it was to see what would happen if you put a real actor in the lead. But, sorry, it's Schwartzenegger 1, Farrell 0.

RC: Farrell is much more of an everyman than Arnold was, but I thought he pulled off the running, jumping, shooting and stabbing well enough. I was more taken, though, with the female characters. The original treated women like window dressing but here Kate Beckinsale and Jessica Biel are given meaty, action-packed parts. Beckinsale uses all the tricks she learned on the Underworld movies, kicking butt and taking names in every scene she's in, and while Biel won't need to wake up early on Academy Award day, she hands a physically energetic performance.

MB: I liked Biel, but Beckinsale's one expression wore thin on me quickly. I did like the production design, though it was clearly influenced by Blade Runner. I liked the elevators that move vertically and horizontally, the flying cars were great (and actually looked credible), but the army of bots looked so much like George Lucas' droids that I expected Jar Jar Binks to show up in a cameo.

RC: Ha! Beckinsale may only have one expression, but it's a pretty good one. As for everything else, it seems to me the movie values violence and action above all — more than story, humour or even the legendary three-breasted hooker who is glimpsed for all of two seconds. This movie clearly appreciates bullets over breasts.

MB: Good to know where you stand on that one, Richard! I wouldn't call it a bad movie, but a missed opportunity. Philip K. Dick, who wrote the original story decades ago, was a master of the paranoia missing from the remake, and I'm pretty sure the master would not approve.

Synopsis

Set in a dystopian world where most of the planet is uninhabitable, Farrell plays a troubled factory worker desperate to escape a life of grinding drudgery. Without telling his wife (Kate Beckinsale) he goes to Rekall Corp. to have a virtual vacation. They sell implanted memories, like video games for the mind. But something goes wrong and soon our hero is thrown into a deadly world of intrigue where he can't be sure what is real and what isn't.

- Richard: ●●●○○
- Mark: ●●○○○

2SCENE

On the web

Iambic pentameter behind razor wire: Richard III goes to prisons, senior centres

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Good vs. evil in the Dark Knight

Spoiler alert. Confused on who's who in the Dark Knight Trilogy? Here's the main heroes and villains that you'll need to know

MICHELLE CASTILLO
Metro World News

Box office

- The Dark Knight Rises stayed atop the box office for the second straight weekend, making just over $64 million. But it's lagging behind the numbers of its predecessor.
- The trilogy has now grossed more than $289 million in its first 10 days in theatres.

Bane, played by Tom Hardy, left, faces off with Batman, played by Christian Bale, in the Dark Knight Rises. WARNER BROTHERS

VILLAINS

Henri Ducard/Ra's al Ghul: (Liam Neeson in Batman Begins, The Dark Knight Rises): A member of the League of Shadows who takes Bruce Wayne in and trains him in their ninja ways, later revealing himself to be the head of the organization.

Dr. Jonathan Crane/The Scarecrow: (Cillian Murphy in Batman Begins, The Dark Knight, The Dark Knight Rises): A deranged psychologist who takes pleasure in mentally torturing his patients and is later seen handing down judgment in a kangaroo court for the wealthy and privileged after anarchy erupts in Gotham.

Joker: (Heath Ledger in The Dark Knight): A pure agent of chaos who proves himself to be Batman's greatest foe because of his lack of rational motive.

Harvey Dent/Two-Face: (Aaron Eckhart in The Dark Knight): A nasty accident with gasoline and the senseless killing of his fiancé Rachel Dawes turned Gotham's "White Knight" into a revenge-seeking murderer.

Miranda Tate/Talia al Ghul: (Marion Cotillard in The Dark Knight Rises): Tate seems to be one of Bruce Wayne's supporters who helps him manage Wayne Enterprises after all goes wrong, but she later reveals herself to be Ra's al Ghul's daughter.

Bane: (Tom Hardy in The Dark Knight Rises): Brute strength, trained by the League of Shadows, he's not only Gotham's reckoning, but the man who broke the Bat.

Carmine Falcone: (Tom Wilkinson in Batman Begins): The head of Gotham's crime syndicate who makes the mistake of partnering with Dr. Crane.

HEROES

Bruce Wayne/Batman: (Christian Bale in Batman Begins, The Dark Knight, The Dark Knight Rises): A billionaire playboy turned crime-fighting vigilante.

Alfred Pennyworth: (Michael Caine in Batman Begins, The Dark Knight, The Dark Knight Rises): Wayne's loyal butler and Batman's most trusted confidant.

Lucius Fox: (Morgan Freeman in Batman Begins, The Dark Knight, The Dark Knight Rises): The CEO of Wayne Enterprises and the man who gives Batman all of his high-tech gear.

Rachel Dawes: (Katie Holmes in Batman Begins, Maggie Gyllenhaal in The Dark Knight): Bruce Wayne's first love who couldn't love him back while he was the caped crusader.

Detective/Lt./Commissioner Jim Gordon: (Gary Oldman in Batman Begins, The Dark Knight, The Dark Knight Rises): Batman's loyal ally in the police force.

John Blake: (Joseph Gordon-Levitt in The Dark Knight Rises): A police officer-turned-detective that helps save Gotham while Batman is indisposed, Blake — first name Robin — is given the coordinates to the Batcave, and presumably Batman's legacy.

Selina Kyle/Catwoman: (Anne Hathaway in The Dark Knight Rises): A cat-like burglar who, despite her seemingly crooked ways, steals Batman's heart.

Thomas Wayne and Martha Wayne: (Linus Roache and Sara Stewart in Batman Begins): Bruce Wayne's parents, who were brutally murdered in front of him.

Marion Cotillard as Miranda Tate a.k.a Talia al Ghul. WARNER BROTHERS

Joseph Gordon-Levitt as officer John Blake. WARNER BROTHERS

Bourne heads back to the box office

The Bourne Legacy. Actress Rachel Weisz talks to Metro about her latest flick, doing her own stunts and all that running

NED EHRBAR
Metro World News in Hollywood

Rachel Weisz. SUBMITTED

An affirmed fan of the Bourne series of movies, British actress Rachel Weisz says she needed little convincing to sign up for the latest, The Bourne Legacy, which sees Jeremy Renner take over for Matt Damon as a special agent going up against the secret government program that trained him.

But one thing Weisz didn't count on with playing government scientist-turned-accomplice Dr. Marta Shearing was the amount of running that would be involved.

Your character seems to have a more interesting character arc than Jeremy Renner's.
She's got a great arc. (She starts) as someone who's morally blinkered about what she's doing and is told not to ask questions, which suits her just fine because if she started thinking about what she was doing, I think she would know that she's very morally compromised. So to go from this morally comprised, really f—ed up scientist living in this big house without a man, and then ... to see her become a warrior — she decides that she wants to live, and she rises to the occasion, which is kind of cool.

When you first read the script, did you realize exactly how much running was involved?
No. I kind of skimmed through the action pages and was reading the character stuff and story stuff. Because actually action sequences don't read that interesting on the page, and a lot of that was choreographed later. No, I didn't realize there was going to be that much running. It's a lot of running, a lot. I've never done anything that's this realistic, so something like The Mummy, for instance, is a completely different tone and genre. It's like a spoofy B-movie funny-horror-send-up kind of thing. So this required something completely different because it's just very, very, very realistic.

Did you enjoy the stunt work?
I did, yeah. I mean, some were terrifying. We really did almost all our own stunts, and there was no green screen, so it was real. We were shooting in real locations, so they're shutting down the freeways of Manila, and it's me on the back (of a motorcycle) holding on to Jeremy and there's 200 stunt cars driving. There's just so many elements, so many things that could go wrong. It wasn't just my ability to hold on. I wasn't acting in those scenes, I was just terrified.

Speaking of Manila, working in film can be a great way to see the world.
Definitely. I mean, it's very different being somewhere and working there than being somewhere as a tourist and being on holiday because you're hopefully relaxed when you're on holiday. When you're working you're quite tense and highly strung and your mind is really on the work. You can't curl up with a novel on the beach or whatever. But yeah, I've seen a lot more of the world. Manila was a fascinating city.

Drama

Your Sister's Sister

Director. Colin Treverrow

Stars. Emily Blunt, Mark Duplass

Filmmaker Lynn Shelton's follow-up to her absurdly engaging Humpday is a more subdued affair, but much like its predecessor, still driven by character behaviours. Mark Duplass stars as Jack, an emotionally beaten man who is given his best friend Iris' (Emily Blunt) isolated cottage to get himself together. Iris' sister Hannah (Rosmarie DeWitt) is also there.

CHRIS ALEXANDER

Comedy

Diary of a Wimpy Kid: Dog Days

Director. David Bowers

Stars. Zachary Gordon, Steve Zahn

In the latest adaptation of Jeff Kinney's popular books, Diary of a Wimpy Kid: Dog Days focuses on lazy Greg Heffley's aimless summer vacation. Most notably, he tells his parents he got a job to cover up sneaking into a country club. Harmless but hardly inventive, the film may improve upon the franchise's previous outings, but without a solid narrative Wimpy Kid seems as restless as a hyperactive adolescent on summer break.

STEVE GOW

Quoted

"I would say really the only time it came into play was the three years of trying to get the movie made. Being an executive producer and a co-writer and knowing it was such a great part for me to be able to play, it was hard to keep taking the blows of the thing getting set up and then the thing crumbling. It was tough, but once I got on set, for me my only challenge that I wanted to tackle was doing a good job in the role and carrying the film, so I had to really shut all the other stuff down, you know?"

Parks and Recreation star Rashida Jones, who co-wrote and appears in the new film Celeste and Jesse Forever

NED EHRBAR

COLIN FARRELL KATE BECKINSALE JESSICA BIEL
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THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 3 TO THURS., AUG. 9. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Ottawa

Bytowne Cinema
325 Rideau St., 613-789-3456

Beasts of the Southern Wild (PG) Fri 5:15 Sat 8:59 Sun 4:50 Mon 6:15
The Best Exotic Marigold Hotel (PG) Tue 4:30 Wed 6:45 Thu 4:30
The Extraordinary Voyage (STC) Fri 7:20
Insignificance (STC) Sun 2:30 Mon 8:20
Neil Young Journeys (STC) Sat 4:59 Sun 8:55 Mon 2:15 Tue 7:05 Wed 9:20
The Story of Film: An Odyssey, Part 7 (STC) Sat 2:30 The Story of Film: An Odyssey, Part 8 (STC) Thu 9:05
A Trip to the Moon (STC) Fri
Your Sister's Sister (18A) Fri 9:05 Sat 6:59 Sun 6:55 Mon 4:15 Tue 9:15 Wed 4:45 Thu 7:05

Canadian Museum of nature, 240 McLeod St., 613-566-4700

Sea Monsters 3D: A Prehistoric Adventure (STC) Fri-Wed 11:35-12:45-3:05 Thu 11:35-12:45-3:05-6 Fri-Wed 12:10-3:40 Thu 12:10-3:40-6:35
Turtle Vision 3D (STC) Fri 9:50-11-1:20-2:30-4:15-5:25 Sat-Wed 9:50-11-1:20-2:30-4:15 Thu 9:50-11-1:20-2:30-4:15-5:25-7:10 Fri 10:25-1:55-4:50 Sat-Wed 10:25-1:55 Thu 10:25-1:55-4:50
The Whale (STC) Fri 6:05

Coliseum Ottawa
3090 Carling Ave., 613-596-9475

The Amazing Spider-Man 3D (PG) Fri-Sun 1:15-4:25-7:35-10:45 Mon 12:50-4-7:20-10:30 Tue 1:15-4:25-7:35-10:45 Wed 12:50-4-10:30 Thu 12:50-4-7:20-10:30
Brave (PG) Fri-Thu 12:15-2:45-5:15-7:50-10:15
The Campaign (14A) Thu 10
The Dark Knight Rises (PG) Fri-Sun 12:15-3:15-3:45-6:50-7:20-10:35-10:55 Mon 12:15-2:40-3:40-6:20-7:05-10:05-10:35 Tue 12:15-3:15-3:45-6:50-7:20-10:35-10:55 Wed-Thu 12:15-2:40-3:40-6:20-7:05-10:05-10:35
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 12:30-2:50-5:15-7:40-10
Hope Springs (14A) Wed 2-4:30-7:10-9:40 Thu 4:30-7:10-9:40 Star & Strollers Screening, Thu 1
Ice Age: Continental Drift (PG) Fri-Tue 1-3:25
Ice Age: Continental Drift 3D (PG) Fri-Thu 12:30-2:55-5:20-7:45-10:10
Savages (18A) Fri-Sun 6:40-9:50 Mon 6:40-9:40 Tue 6:40-9:50
Step Up Revolution 3D (PG) Fri-Sun 12:40-3:10-5:35-8:10-10:40 Mon 12:40-3:10-5:35-8:10-10:35 Tue 12:40-3:10-5:35-8:10-10:40 Wed-Thu 12:40-3:10-5:35-8:10-10:35
Ted (14A) Fri-Sun 12:20-3:05-5:40-8:20-10:55 Mon 2:10-4:50-7:20-9:50 Tue 12:20-3:05-5:40-8:20-10:55 Wed 2:10-4:50-7:20-9:50 Thu 1-3:30
Total Recall (14A) Fri-Sun 1:50-4:40-7:30-10:20 Mon 1:20-4:10-7-9:50 Tue 1:50-4:40-7:30-10:20 Wed-Thu 1:20-4:10-7-9:50 Fri-Sun 2:20-5:10-8-10:50 Mon 1:50-4:40-7:30-10:30 Tue 2:20-5:10-8-10:50 Wed-Thu 1:50-4:40-7:30-10:30
The Watch (14A) Fri-Sun 12:50-3:20-5:50-8:20-10:50 Mon 12:20-2:50-5:20-7:50-10:20 Tue 12:50-3:20-5:50-8:20-10:50 Wed-Thu 12:20-2:50-5:20-7:50-10:20

Empire 7 Cinemas
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

The Best Exotic Marigold Hotel (PG) Fri 3:40-6:40-9:20 Sat-Sun 12:40-3:40-6:40-9:20 Mon-Thu 3:40-6:40-9:20
The Dark Knight Rises (PG) Fri 5:15-8:45 Sat-Sun 2-5:15-8:45 Mon-Tue 5:15-8:45 Wed 3:20-8:30 Thu 5:15-8:45
Hope Springs (14A) Thu 4-6:50-9:15
Safety Not Guaranteed (14A) Fri 4-6:50-9:50 Sat-Sun 1-4-6:50-9:50 Mon-Wed 4-6:50-9:50
Ted (14A) Fri 3:50-6:20-9:40 Sat-Sun 12:20-3:50-6:20-9:40 Mon-Thu 3:50-6:20-9:40
To Rome With Love (PG) Fri 3:25-7-9:30 Sat-Sun 12:50-3:25-7-9:30 Mon-Thu 3:25-7-9:30
Total Recall (14A) Fri 3:30-6:10-9 Sat-Sun 12:45-3:30-6:10-9 Mon-Thu 3:30-6:10-9
The Watch (14A) Fri 3:15-6:30-9:10 Sat-Sun 12:30-3:15-6:30-9:10 Mon-Tue 3:15-6:30-9:10 Wed 3:15 Thu 3:15-6:30-9:10

Mayfair Theatre
1074 Bank St., 613-730-3403

The Dictator (14A) Wed-Thu 9:30
Earthquake (STC) Sun 1 Tue 6:30
The Hindenburg (STC) Sun 3:15 Tue 8:45
Marvel's the Avengers (PG) Fri 6:30 Sat-Sun 6 Wed-Thu 6:30
Unfinished Spaces (STC) Fri 9:30 Sat-Sun 9 Mon 7
The Wild Bunch: An Album in Montage (STC) Mon 9
Mayfair Theatre Orleans
250 Centrum Blvd., 613 837-3456, orleans.mayfairtheatre.ca
The Best Exotic Marigold Hotel (PG) Fri-Thu 12:45-6:15
Headhunters (14A) Fri-Thu 3:30-8:45
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 1
Magic Mike (14A) Fri-Thu 3-6:45
Omertà (STC) Fri-Thu 3:15-8:30
Savages (18A) Fri-Thu 9
The Woman in the Fifth (STC) Fri-Thu 1:15-6:30

Rainbow Cinemas St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Abraham Lincoln: Vampire Hunter (14A) Fri-Thu 9:25
Dr. Seuss' the Lorax (G) Fri-Thu 1:10-3:15-5:10
The Hunger Games (14A) Fri-Wed 10:30-7:30 Thu 7:30 Thu 10:30
Katy Perry: Part of Me (PG) Fri-Thu 5-9:10
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 10:40-12:40-2:50-7
Men in Black 3 (PG) Fri-Thu 2:20-7:10-9:20
The Pirates! Band of Misfits (PG) Fri-Thu 10:20-12:20-4:50
Prometheus (14A) Fri-Thu 10:35-12:55-3:50-6:40-9:15
Snow White and the Huntsman (PG) Fri-Thu 10:10-1:05-4-6:50
Rideau Centre Cinemas
50 Rideau St., 613-234-3712
The Campaign (14A) Digital Thu 10
The Dark Knight Rises (PG) Digital Fri-Sun 12-4-8 Digital Mon-Thu 4-8
Diary of a Wimpy Kid: Dog Days (G) Digital Fri-Sun 12:25-3:45-6-8:45 Digital Mon-Thu 3:45-6:15-8:50
Step Up Revolution (PG) Digital Fri-Thu 3:30 Step Up Revolution 3D (PG) Fri-Sun 12:15-6:15-9 Mon-Wed 6:30-9 Thu 6:30

South Keys
2214 Bank St., 613-736-1115

The Amazing Spider-Man (PG) Fri-Thu 12:40
The Amazing Spider-Man 3D (PG) Fri-Thu 4-7:15-10:10
Brave (PG) Fri-Thu 12:05-2:30-4:55-7:25-9:50
The Dark Knight Rises (PG) Fri-Tue 12-1:15-2:05-3:30-4:45-5:55-7-8:30-9:30-10:20 Wed-Thu 12-1:15-3:30-4:45-7-8:30-10:20
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 11:50-2:20-4:50-7:10-9:35
Hope Springs (14A) Wed-Thu 1:50-4:15-6:45-9:15
Ice Age: Continental Drift (PG) Fri-Thu 12:50-3
Ice Age: Continental Drift 3D (PG) Fri-Thu 5:15-7:35-9:45
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 12:30-2:55-5:10
Magic Mike (14A) Fri-Thu 7:30-10:05
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (PG) Fri-Thu 12:10-2:40-5:30-7:45-10
Ted (14A) Fri-Thu 12:15-2:45-5:25-8-10:30
Total Recall (14A) Fri-Thu 11:40-2:15-5-7:40-10:25
The Watch (14A) Fri-Thu 12:20-2:50-5:20-7:50-10:10

Gatineau Canadian Museum of civilization, 100 rue Laurier, 819-776-7010

Arctique 3D (STC) Fri 9:45-12:55-4 Sat 12:55-4 Sun 9:45-12:55-4 Mon-Tue 12:55-4 Wed 10:45-4 Thu 12:55-4
The Dark Knight Rises: The IMAX Experience (G) Fri 10 Sat 7-10 Sun 7 Mon 7-10 Tue 7:10 Wed 7 Thu 7-10
L'Ascension du chevalier noir: L'Experience IMAX (G) Fri 7 Sun 10 Tue 7 Wed 10
Moi, Van Gogh (STC) Fri 6 Sat 9:45 Sun-Mon 6 Tue 10:45 Wed 6
To the Arctic 3D (STC) Fri 11:50-2-3-5 Sat 10:45-2-3-5 Sun 11:50-2-3 Mon-Tue 11:50-2-3-5 Wed 12:55-2-3-5 Thu 11:50-2-3-5 Van Gogh: Brush With Genius (STC) Fri 10:45 Sat 11:50-6 Sun 10:45-5 Mon 10:45 Tue 6 Wed 11:50 Thu 10:45-6

Ciné-Campus UQO
283 rue St-Jean-Bosco, 819-773-1888

Cinéma des Galeries d'Aylmer
400 boul. Wilfrid-Lavigne, 819-248-2526

The Dark Knight Rises (G) Fri-Thu 12:40-3:50-7:20
Ice Age: Continental Drift (G) Fri-Thu 1
L'ère de glace: La dérive des continents (G) Fri-Thu 3 Omertà (13+) Fri-Thu 7-9:20
Total Recall (13+) Fri-Thu 12:50-3:20-6:50-9:20
The Watch (13+) Fri-Thu 1:10-3:30-7:10-9:30

Ciné-starz
1100 boul. Maloney Ouest, 819-568-8000

Blanche-Neige et le chasseur (G) Fri-Thu 9
Dr. Seuss Le Lorax (G) Fri-Thu 12-1:35-3:10
Les Hommes en noir 3 (G) Fri-Thu 12-3:30-7
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 12-1:40-3:25-5:05-6:45
Marvel's the Avengers (STC) Fri-Thu 1:35-4:05-6:35-9:05
The Pirates! Band of Misfits (G) Fri-Thu 12-1:55-5:25
Prometheus (13+) Fri-Thu 8:30
Sauvages (13+) Fri-Thu 4:45-7:05-9:25

Gatineau 9
120 boul. de l'Hôpital, 819-568-6070

Dansez dans les rues 4 3D (G) Fri-Thu 1:15-3:45-7-9:20
L'Ascension du chevalier noir (G) Fri-Thu 12:30-4:15-8
L'extraordinaire Spider-Man 3D (G) Fri-Thu 12:10-6:30
L'ère de glace: La dérive des continents 3D (G) Fri-Thu 1-5:25-7:05-9:05
Liverpool (G) Fri-Thu 12:20-3:10-6:45-9:25
Omertà (13+) Fri-Thu 12:40-3:20-7:10-9:45
Surveillance (13+) Fri-Thu 1:20-3:50-7:15-9:40
Total Recall: Mémoires programmées (13+) Fri-Thu 12:50-3:30-6:50-9:30
Zarafa (STC) Fri-Thu 1:10-3-6:20

StarCité Hull
115 boul. du Plateau, 819-770-1090

The Amazing Spider-Man (G) Fri-Tue 1:30-4:45-7:50-10:45 Wed-Thu 7:50-10:45
Astérix et les Vikings (G) Sat 11
The Campaign (STC) Thu 10
Dansez dans les rues 4 3D (G) Fri-Thu 12:30-3-5:30-8-10:30
The Dark Knight Rises (G) Fri-Sun 12-12:15-3:30-3:45-7-7:20-10:30-10:50 Mon 12:20-1-3:40-4:30-7-8-10:30 Tue 12-12:15-3:30-3:45-7-7:20-10:30-10:50 Wed-Thu 12:20-1-3:40-4:30-7-8-10:30
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 12:30-2:50-5:15-7:40-10
Hope Springs (STC) Wed 1:30-4:30-7:10-9:40 Thu 4:30-7:10-9:40 Star & Strollers Screening, Thu 1:30
Ice Age: Continental Drift (G) Fri-Tue 12:30-2:50-5:25-7:45-10:10 Wed-Thu 12:30-2:50-5:25
L'Ascension du chevalier noir (G) Fri-Sun 12:10-3:40-7:15-10:40 Mon 12:15-3:35-6:55-10:25 Tue 12:10-3:40-7:15-10:40 Wed-Thu 12:15-3:35-6:55-10:25
L'ère de glace: La dérive des continents (G) Fri-Thu 12:45
L'ère de glace: La dérive des continents 3D (G) Fri-Thu 3:10-5:35-7:55-10:25
Liverpool (G) Fri-Thu 1:10-4:50-7:40-10:20
Magic Mike (13+) Fri-Wed 1:15-4-7:25-10:35 Thu 1:15-4-7:25
Omertà (13+) Fri-Thu 12:20-2:50-5:25-8:05-10:40
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (G) Fri-Thu 12:40-3:10-5:40-8:10-10:40
Ted (13+) Fri-Sun 12:20-3:05-5:40-8:10-10:50 Mon 12:20-3:05-5:40-8:10-10:35 Tue 12:20-3:05-5:40-8:10-10:50 Wed-Thu 12:20-3:05-5:40-8:10-10:35
Total Recall (13+) Fri-Sun 11:50-2:35-5:20-8-10:55 Mon 2:35-5:20-8-10:45 Tue 11:50-2:35-5:20-8-10:55 Wed-Thu 2:35-5:20-8-10:45
Total Recall: Mémoires programmées (13+) Fri-Wed 1-3:40-7:30-10:25 Thu 3:40-7:30-10:25 Thu 1
The Watch (13+) Fri-Sun 12:50-3:20-5:50-8:20-10:50 Mon 12:50-3:20-5:50-8:05-10:30 Tue 12:50-3:20-5:50-8:20-10:50 Wed-Thu 12:50-3:20-5:50-8:05-10:30

Barrhaven Barrhaven Cinemas
131 Riocan Dr., 613-825-2463

The Dark Knight Rises (PG) Fri-Thu 1:10-2:45-4:45-6:20-8:30-9:55
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 12:35-2:55-5:05-7:20-9:40
Ice Age: Continental Drift (PG) Fri-Thu 12:30
Ice Age: Continental Drift 3D (PG) Fri-Thu 2:50-5:15-7:40-10:05
Step Up Revolution 3D (PG) Fri-Thu 12:50-3:20-5:40-8:10-10:30
Total Recall (14A) Fri-Wed 1:50-4:40-7:30-10:20 Thu 4:40-7:30-10:20 Star & Strollers Screening, Thu 1
The Watch (14A) Fri-Thu 12:40-3:05-5:30-7:50-10:10

Gloucester

SilverCity, 2385 City Park Dr., 613-688-8800

The Amazing Spider-Man (PG) Fri-Thu 1:30
The Amazing Spider-Man 3D (PG) Fri-Thu 4:50-7:50-10:45
Brave (PG) Fri-Thu 12:30
Brave 3D (PG) Fri-Thu 3-5:30-7:55-10:30
The Campaign (14A) Thu 10
The Dark Knight Rises (PG) Fri 1:15-3:05-4:40-6:50-8:30-10:15 Sat 11:10-1:15-3:05-4:40-6:50-8:30-10:15 Sun-Thu 1:15-3:05-4:40-6:50-8:30-10:15
The Dark Knight Rises: The IMAX Experience (PG) Fri-Thu 12:15-3:40-7:20-10:45
Diary of a Wimpy Kid: Dog Days (G) Fri 12:20-2:50-5:20-7:40-10 Sat 11:15-12:20-2:50-5:20-7:40-10 Sun-Thu 12:20-2:50-5:20-7:40-10
Hope Springs (14A) Wed-Thu 2-4:30-7:05-9:40
Ice Age: Continental Drift (PG) Fri 1:25-4:15-6:40-9 Sat 11:05-1:25-4:15-6:40-9 Sun-Tue 1:25-4:15-6:40-9 Wed-Thu 12:25
Ice Age: Continental Drift 3D (PG) Fri-Tue 12:25-2:45-5:15-7:45-10:25 Wed-Thu 2:45-5:15-7:45-10:25
Magic Mike (14A) Fri-Tue 12:20-2:55-5:25-8:05-10:35 Wed 12:20-2:55-10:35 Thu 12:20-2:55
Savages (18A) Fri-Mon 12:45-4:05-7:10-10:20 Tue 12:45-4:05-10:20 Wed 12:45-4:05-7:10-10:20 Thu 12:45-7:10-10:20
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (PG) Fri-Thu 12:40-3:10-5:40-8:10-10:35
Ted (14A) Fri-Tue 12:35-3:15-5:50-8:15-10:40 Wed 12:35-3:15-5:50-8:10-10:40 Thu 12:35-3:15-5:50-8:15-10:40
To Rome With Love (PG) Fri-Thu 12:55-4:20-7:30-10:10
Total Recall (14A) Fri 2:20-5:10-8-10:50 Sat 11:20-2:20-5:10-8-10:50 Sun-Thu 2:20-5:10-8-10:50 Fri-Thu 1:20-4:10-7-10:05
The Watch (14A) Fri-Tue 12:50-3:20-5:45-8:20-10:50 Wed 3:20-5:45-8:20-10:50 Thu 12:50-3:20-5:45-8:20-10:50 Star & Strollers Screening Wed 1

Orleans

Empire Theatres Orleans 6 Cinemas
3752 Innes Rd., 613-830-4400

The Amazing Spider-Man (PG) Digital, Fri-Tue 12:35-3:50-7:30
The Campaign (14A) Digital, , Thu 10
The Dark Knight Rises (PG) Digital, Fri-Tue 12:30-2-4:20-7-9 Digital, Wed-Thu 4:20-7-9
Diary of a Wimpy Kid: Dog Days (G) Digital, Fri-Tue 1-3:40-6:30-8:50 Digital, Wed-Thu 3:40-6:30-8:50
Hope Springs (14A) Digital, Wed-Thu 3:50-6:45-9:20 Wed 11
Ice Age: Continental Drift (PG) Digital, Fri-Tue 12:45-3:30-6:15-8:45 Digital, Wed-Thu 3:30-6:15-8:45
Step Up Revolution 3D (PG) Fri-Tue 12:50-4-6:50-9:15 Wed-Thu 4-6:50-9:15
Ted (14A) Digital, Fri-Tue 1:10-4:05-7:10-10 Digital, Wed 4:05-7:10-10 Digital, Thu 4:05-7:10
Total Recall (14A) Digital, , Fri-Tue 1:20-4:30-7:20-10:10 Digital, , Wed-Thu 4:30-7:20-10:10 Digital, , Fri-Tue 12:40-3:45-6:40-9:30 Digital, , Wed-Thu 3:45-6:40-9:30
The Watch (14A) Digital, Fri-Tue 1:30-4:10-7:15-9:50 Digital, Wed-Thu 4:10-7:15-9:50

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Munn not ready for leading lady role yet

Hollywood. Star of The Newsroom and Magic Mike credits her success to following around some of the industry's biggest stars

Olivia Munn stars alongside Jeff Daniels in HBO's hit series The Newsroom. HANDOUT

Olivia Munn prides herself on working with three powerful S names in Hollywood: Jon Stewart on The Daily Show, Steven Soderbergh in the film Magic Mike and Aaron Sorkin on HBO's The Newsroom. But to hear her tell it, she's still an up-and-comer — and maybe a bit of a cheat.

"I kind of follow where they're going, 'Oh, (if they're on board) then that's probably a good script.' It's probably a cheat that way," she joked in a recent interview. "You guys do the homework and then if I'm lucky enough to be able to work with you then I will."

The 32-year-old actress has had a busy summer. Besides Magic Mike she has a new film out called The Babymakers, co-starring Paul Schneider, formerly of TV's Parks and Recreation.

On The Newsroom she plays Sloan Sabbith, a business reporter at the fictional Atlantic Cable News where Jeff Daniels' Will McAvoy has the flagship newscast. As in any Sorkin venture, there's an intense amount of dialogue to spout out, often at a rapid-fire pace. Munn says her trick is to memorize not only her part, but also the other character's lines to internalize the big picture.

Quote

"It took a long time to convince my Asian mother that I could do it."

Olivia Munn
On convincing her mother she could be a movie star.

"I refuse to be the person who is gonna come in and forget my line. Like if (Daniels) has to remember all this stuff and then be preparing for the next episode and all that dialogue then I'm going to do my best to come up to his bar," she said.

Despite all that effort, Munn jokes about making the dreaded, hypothetical phone call to her mother to say her Hollywood dreams didn't pan out.

"Mom, I'm working at the Jamba Juice now. You get a free boost. And I probably could hook you up with another boost."

Her mother is of Chinese descent but was born and raised in Vietnam.

Munn's parents split when she was young and she says her mother was a tiger mom.

"I'm like, 'You know, my white friends, their parents aren't forcing them to play piano until 4 a.m.' She's like, 'Your white friends can't play piano.' I'm like, 'OK, good note. Good argument, mom.'"

Munn says initially her mother wasn't keen on the idea of her daughter going into showbiz.

"It took a long time to convince my Asian mother that I could do it because she believed that only one person in the world could become a movie star and that was Tom Cruise. She's like, 'You're not Tom Cruise!'"

Now her mom is her biggest fan.

THE ASSOCIATED PRESS

Aaron Sorkin. Defending The Newsroom's 'warts'

Aaron Sorkin doesn't agree with the critics of The Newsroom.
GETTY IMAGES

Aaron Sorkin hears your criticism. The creator of The Newsroom acknowledges the commentary that the female characters on his behind-the-scenes drama about a 24/7 cable news channel are written as smart, yet functionally incompetent. He just doesn't have the same opinion.

"I 100 per cent disagree with it," Sorkin told reporters gathered at the Television Critics Association press tour in Beverly Hills, Calif., on Wednesday. "I think that the female characters on the show are, first of all, every bit the equals of the men. We plainly see (women) being good at their job beginning with the first episode. … The men and the women screw up in roughly the exact same way."

Once their intelligence has been established, Sorkin says, he likens his character's screw-ups to slipping on banana peels.

"That's just comedy," he said. "These are people reaching unrealistically high, and they're going to fall down a lot. Those are the things that I love writing, writing romantically and idealistic, and it's by no means a review of how the news was done."

Star Jeff Daniels, who plays news anchor Will McAvoy, stood by the creative decisions made by his boss.

"We come on with these big warts and flaws," Daniels says of Sorkin's characters, "and I love that about his writing. Emily (Mortimer's) character is established as smart, and then she keeps screwing up. That's one of the things that Will loves about her."

Quote

"I think that the female characters on the show are, first of all, every bit the equals of the men."

Aaron Sorkin
On The Newsroom's characters.

One thing some critics don't particularly care for about Will is his habit of pontificating. Though grand monologues have always been a hallmark of Sorkin's work (from The West Wing to The Social Network), the writer has been accused of using Will as a mouthpiece for his own strong opinions.

"I want to make a clear distinction between me and the characters that are in the show," Sorkin told reporters,

AMBER RAY/METRO WORLD NEWS

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Robert Pattinson. ALL PHOTOS GETTY IMAGES

The circus must go on

No matter what happens between Kristen Stewart and Robert Pattinson over the next couple months, they'll be promoting the final Twilight instalment together this fall.

"While it is studio policy not to comment on the personal lives of actors, Summit is moving full steam ahead and looking forward to this November's opening of The Twilight Saga: Breaking Dawn — Part 2," Summit's president of worldwide marketing, Nancy Kirkpatrick, tells E! Online.

"We are confident that the film delivers amazing entertainment for our passionate fans and general audiences alike."

For the first time, we're also confident Twilight will deliver amazing entertainment — can we suggest popcorn at the press conference?

Twitter

@TomArnold
Downtown Columbus is nice..I mean, it's not Iowa City but still

@NiaVardalos
Genius Bar, thank u for fixing my computer that cacked in Italy. Now, back to my script titled "You're Back, So Put Down The Pasta Fattie"

@JerrySeinfeld
So excited! I just figured out where they got the iPhone turn-off sound. Take three nice poker chips in your hand and drop them 1 inch.

@SarahKSilverman
Dear rich NYCers: got a spare room/bathroom I can live in for sept w my 18 y/o dog? W sep entrance, bathtub & cable?

The Word

Macaulay Culkin 'dead in six months'?

MONICA WEYMOUTH
scene@metronews.ca

Macaulay Culkin hasn't been doing much these days, but we just assumed that was because he's Macaulay Culkin.

The National Enquirer, however, claims that the actor has spent the past few years in a heroin hangover that's only getting worse.

"He's been hooked for a year and a half, and his drug of choice is either heroin or oxycodone," a source tells the paper (which, yes, we read — you're welcome).

"Mac is surrounding himself with junkies and lowlifes. It's a real tragedy."

Despite intervention, a friend tells the paper he's not listening, hence the photos of him looking gaunt and dishevelled: "His closest friends fear that he'll overdose or his heart will explode. If he doesn't get help and enter rehab now, he could be dead in six months."

Culkin's team, however, says there's no truth to the story.

"The report ... is not only categorically without merit, but it is also impossibly and ridiculously fictitious," his publicist tells E! Online.

If Culkin is struggling with addiction, we sincerely hope he gets the professional help he needs. If he isn't, well, we still sincerely hope he gets the professional help he needs — starting with a shave and ending with a trip above ground. Seriously kid, we have Girl Scout cookie ice cream up here now — join us!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Lopez

J.Lo not playing around

Jennifer Lopez is suing tabloids Star magazine and In Touch Weekly for running a story alleging that her boyfriend, Casper Smart, has been spending quality time at a New York peepshow that's known to be a "gay cruising spot," according to RumorFix.

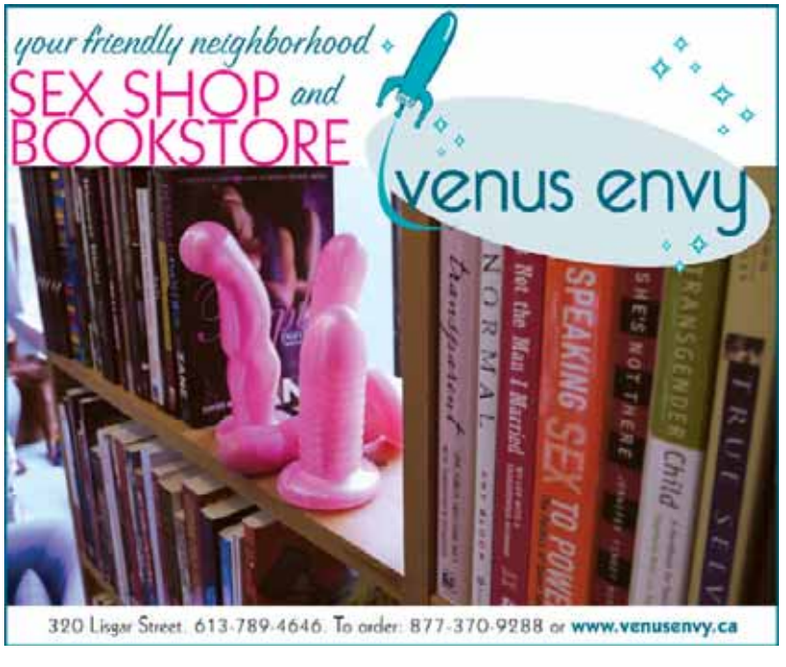
"These statements are false, malicious and defamatory. Ms. Lopez and Mr. Smart will pursue all remedies available to them under the law," an attorney for the couple says. A rep insists that Smart was actually visiting a tattoo parlour next door to the club.

Victoria Beckham the matchmaker

Victoria Beckham's oldest son, Brooklyn, may only be 13 years old, but she's already keen on playing matchmaker for him — and she has her eyes on Taylor Swift.

Serving as Guest Editor for the latest issue of Glamour, Beckham describes Swift as "so gorgeous and wholesome that I want my son to date her someday," despite a nine-year age difference between the two.

Beckham also reveals that she and husband David having a fifth child isn't out of the question: "I'd never say never about another baby," she writes. "It's a juggling act — a career, family, a husband who's busy. But I'd never say never."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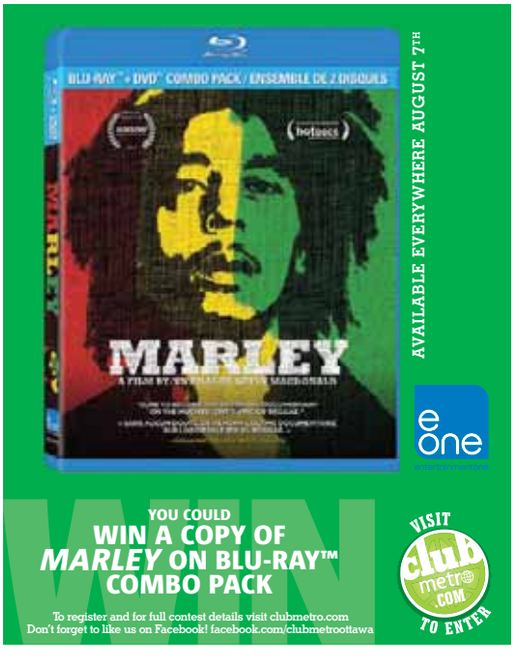

Bad girl chef Nadia G heats up your backyard

Long weekend. The Food Network star offers her tips for throwing a memorable barbecue get-together

DAN CLAPSON
life@metronews.ca

Food Network chef Nadia G. SUBMITTED

Our favourite bad girl in the kitchen, Nadia G, who is currently in the process of creating season three of her hit Food Network cooking show, Bitchin' Kitchen, has two cookbooks under her belt and a style that's all her own. If anyone knows how to throw a rockin' backyard barbecue this long weekend, it's Nadia!

What are some of your go-to summertime dishes?
I have a bunch of go-to dishes, but I like updating the hotdog by grabbing spicy Italian sausage and using minced giardiniera as the relish. Combing mustard with maple syrup (also gives) the hotdog a new twist.

Cooking for idiots. What is one thing someone can throw onto the grill that's virtually impossible to screw up?
Anyone can cook anything on a BBQ in foil. That's always a great trick. You're not using the direct heat and you can give the food the time it needs to cook completely.

If you had to pick: sangria, mojito or beer and why?
I'd have to say a mojito. I'm just a simple girl getting kicked out of bars in three-inch stilettos. When things have too much flavour, like sangria, it can be a bit much with all the fruit and the wine, you also got some soda in there.

Parties can get a little rowdy sometimes. Any advice on how to politely remove a drunken idiot?
How to remove a drunk person? Yeah…I'd have no one left at my backyard party! Ha, ha, ha. What kind of party is that?

Nadia's Grilled Apricot & Feta Salad

1. Vinaigrette: In food processor, blend 4 tbsp olive oil, 3 tbsp of champagne vinegar, honey, vanilla extract, and garlic clove. Fold in the poppy seeds, sea salt and pepper.

2. Apricots: Heat barbecue to medium-high. Baste apricot halves with olive oil. Using tongs, sear fleshy side of apricots 90 seconds, turn over to sear the skin side 1 minute. Remove them from the heat, and let cool.

3. Pickled onions: Heat saucepan over medium-high heat. Add onion slices, pour remaining champagne vinegar, stir, and simmer until onion slices turn bright pink, 30 seconds. Remove from the heat and cool.

4. Divide apricot halves equally among 4 plates. Sprinkle each serving with 1/4 cup of crumbled feta and a heaping tablespoon of pickled onions. Drizzle with the vinaigrette, and garnish with fresh mint leaves. COURTESY OF NADIA G

Ingredients

- extra virgin olive oil
- 1/3 cup champagne vinegar
- 1 tbsp creamed honey
- 1 tsp vanilla extract
- ½ garlic clove
- 1 tbsp poppy seeds
- sea salt and black pepper
- 8 apricots (halved and pitted)
- ½ small red onion (sliced)
- 1 cup crumbled feta cheese
- 4 fresh mint leaves

Liquid Assets

Lip-smackin' flavours of whiskey

LIQUID ASSETS
Peter Rockwell
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With all due respect to wine fans, whiskey lovers are the ultimate liquid nerds who collect, study, analyze and keep to the traditions of their chosen spirit.

Much of that tradition has been tossed out the window this summer with a variety of flavoured whiskies hitting store shelves. For all you aficionados who just called 911, they're bringing a whole new audience to whiskey.

While the Scots have held off for now, North American distillers have jumped on the infused booze bandwagon with the zeal of an audience at a Justin Bieber concert.

Now, before you go all Lemon Gin on me, I've tried them all. Know what? They're quite interesting, particularly Jim Beam's Red Stag Black Cherry Bourbon ($26.25 - $28.49).

Though the name alone may be enough to send some American whiskey buffs into convulsions, I was quite charmed by its nice balance of natural black cherry flavour and the bourbon's charred, upfront personality.

Cocktail options abound with the fruit aspect of the booze holding its own against many a mix. That said, I prefer it served ice cold straight from the fridge all by its lonesome.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

On the Web

Cookbook featuring muffins for vegans has versatile and easy-to-make recipes

April through October is "canning season." ISTOCK IMAGES

Capture that summer taste in your cabinet

Canning. Think about the months ahead while you're snacking on fruit this summer

It's hard to think of canning in July, when you're still hungover from strawberries and busy licking sticky peach fingers.

But Marisa McClellan — the crafty Philly canner behind popular blog Food in Jars and its new spin-off cookbook — urges you to think of the months ahead while you're snacking your way through the farmers market.

"If you're looking to eat more locally and want to eat fruit in January, you have to can," she says.

As we enter the peak of "canning season" — April through October — we checked in with McClellan for a little fresh inspiration.

Peaches

Go ahead and pick too many — McClellan's site is packed with peach recipes. Try a simple peach butter, or dress up traditional canned peaches with a little bourbon or brandy.

Okra

"Okra pickles are a great thing for people who aren't sure about okra — you reduce its slime factor, and it turns into something really crisp and delicious," says McClellan.

Kohlrabi

Poor kohlrabi is famous for being the last one picked during the CSA box draft. But with the help of a food processor, this little cabbage-like veggie is the perfect jar candidate.

"It's a really good one for pickling," says McClellan. "It's super crunchy, and when you toss it with a vinegary liquid it just becomes bright and crisp and all of those things that you want in a pickle."

Apricots

"Apricots are one of those fruits that don't taste spectacular plain, but when you cook them into jam, it's spectacular," says McClellan. "Pick up a quart, cook them with a little bit of sugar and you're done."

Whatever you do with jams, don't alter the sugar ratios. "If you see a jam recipe and you think that's too much sugar, you can't change the recipe," she warns. "If you slash the sugar, you end up with syrup. It's not as if you're eating a whole jar of jam in one sitting — or, well, you shouldn't."

MONICA WEYMOUTH/FOR METRO

Dirty Girls Book Club. Fifty Shades effect heats up B.C. author's steamy novels

Though the recent success of Fifty Shades of Grey may say otherwise, Susan Lyons, an author from Vancouver Island, expects BDSM themes to lose its trending power once readers get tired with a constant flood of self-published novels. When that day comes, Lyons says, a new erotic fantasy (maybe male-male sex, maybe ménage romances) will pick up the slack.

However the boom in so-called "mommy porn" has been a boon for Lyons. The royalty cheques from her many novels have been flowing in for years, but Lyons can't ignore the positive effect Fifty Shades of Grey has had on her business.

Lyons, who also writes as Savanna Fox and Susan Fox, entered the erotic romance industry last decade after careers in psychology and law. She has gone on to produce 13 books, as well as numerous sexy novellas.

Since the adult fiction book rose to popularity earlier this year, foreign publishers came knocking on Lyons' door.

Her next book, The Dirty Girls Book Club, has been picked up in Italy and the U.K. An Italian publisher has also signed up for the rights to her Awesome Foursome series, which she says is like Sex and the City in Vancouver.

'Mommy porn'

Fifty Shades of Grey caught the attention of its mostly-female readers with sexually explicit scenes depicting the BDSM play of its two main characters. Since its release date in 2011, it has sold more than 31 million copies and it fast earned the title of fastest-selling paperback of all time.

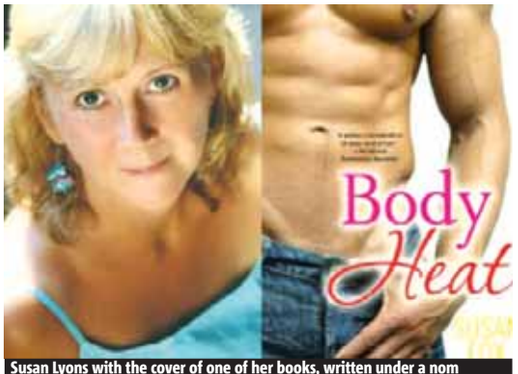
Commentators have termed the steamy genre "mommy porn" and authors and publishers alike are capitalizing off its effect on female readers.

But Lyons said she never planned to benefit from its popularity. The Dirty Girls Book Club isn't about BSDM — none of her novels are and they likely never will be.

"I don't read it, I don't write it," she said.

But she's not afraid of missing out.

Lyons says the success of Fifty Shades of Grey has helped publishers take notice of the gigantic market for books like hers, which tap into erotic fantasy. ELIZABETH HAMES/METRO



Susan Lyons with the cover of one of her books, written under a nom de plume. The author says that Fifty Shades of Grey's fuelling of the BDSM craze will probably run out and be replaced with something else. HANDOUT

ROCKBURN PRESENTS

Acclaimed interviewer and conversationalist Ken Rockburn is back featuring full length interviews with fascinating people from the worlds of music, literature and film. **Don't miss a minute.**

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Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.

MIX OF SIX
Samantha Everts
ottawa@metronews.ca

Urban Art Show

The event offers new and established area artists the chance to showcase their work and engage with the community in the 7th annual showcase. Happening in the downtown core in Minto Park, visitors can check each artists' tent, enjoy live music and food vendors and maybe discover the new Picasso.

AUGUST 4, URBANARTSHOW.CA

Buskerfest

Fire eating, comic street theatre and former Cirque de Soleil acrobats collide outdoors on Sparks Street Mall for the 21st annual Busker Festival. Performances begin around 11 a.m. and run until early evening for great free family outing with world-class street theatre. Acts include Aerial Angels and Australian legend Ernest the Magnifico.

AUGUST 3-5, SPARKSSTREETMALL.COM

Dead and Divine

Since 2006, Distort Record's metalcore band Dead and Divine have played Ottawa a few times a year to packed rooms full of hardcore punk music fans. After playing across North American and Europe, the Burlington rockers join friends in Mychildren Mybride and Life Ruiner to bid farewell in their final tour.

AUGUST 5, DEADANDDIVINE.COM

Rideau Canal Festival Floatilla

Celebrate Ottawa's Unesco World Heritage site 180th birthday with style this weekend for free with the family. See interactive family entertainment, stilt walkers, and the classic boat parade floatilla. Boats get decked out for a spectacle that draws thousands. Expect to see boats with transformed with lights, flowers, props, music and dancing.

AUGUST 5, RIDEAUCANALFESTIVAL.CA

Brewer's Park Farmer's Market

Blueberries, raspberries, and fresh Elk meat? Formerly held at the Landsdown Agricultural building, the Ottawa Farmer's market is now being at Brewer Park (across from Carleton University) to sell you the most seasonal and best local produce, meats, and artisan products the Valley can provide.

SUNDAYS 10 A.M.- 3 P.M.

Casino de Lac Leamy Sound of Light Show

Grab your bike and drive across to Hull to watch an explosive summertime tradition. The very best firework displays from different countries compete for glory as a synchronized musical soundtrack plays in five unforgettable evening shows over Gatineau's natural amphitheatre, Leamy Lake. France shows their pyromusical skills first.

AUGUST 4, FEUX.QC.CA

Good roommates do more than just pay rent on time

Guidelines. Take advice from Rent.com to save yourself and your cohabitants any headaches later on

Before you and your roomie get into one of those silent treatment standoffs because he or she never replaces the toilet paper roll, we suggest you learn how to live in harmony now. According to Rent.com's recent roommate survey, about half of the respondents (45 per cent) admitted to having issues with a current or past roommate. Their biggest pet peeves: a messy mate (20 per cent), followed by someone who doesn't pay bills on time (ten percent) and someone who uses things without asking (nine per cent). Rounding out the complaints was a roommate who constantly has people over (six per cent). If you're guilty of one or more of these, it's time to make your roommate a batch of brownies — and clean the bathroom already.

Here is Rent.com's advice to cohabitating bliss:

Talking is key

"Working to communicate your needs and expectations to one another is crucial for a happy roommate relationship."

Rent.com Advice on how to avoid household problems before they happen.

Keep it real

Before you sign a lease, it's important for your roommate to understand your schedule. If you are an "early to bed, early to rise" kind of person, a roommate who works on mixing his DJ tracks at night may not be your best bet.

Divvy the bills

Decide on when and how bills and rent will be paid for before making the roommate bond permanent. For instance, if one person is in charge of utilities, make the other in charge of submitting the rent check each month.

Clean up

As indicated by the survey, keeping clean is a must. It's important to divide cleaning responsibilities so the burden is shared. Be sure to discuss expectations for cleaning before you sign on the dotted line. Talk about who will clean what and how often, and what's acceptable in terms of daily and weekly upkeep.

Talk it out

Working to communicate your needs and expectations to one another is crucial for a happy roommate relationship. For example, if your roommate is a student and wants to use the kitchen table to study, don't watch TV loudly in the same room during study hours. Likewise, if you're hosting a small Bachelorette season finale party, give your roommate fair warning to make other plans. **METRO**

SPORTS 4

Peyton Manning, left, leads fellow Denver Broncos quarterbacks Caleb Hanie and Adam Weber, right, off the field following the afternoon session of their training camp in Englewood, Colo., on July 26. JACK DEMPSEY/THE ASSOCIATED PRESS

New Broncos pivot manning up in camp

NFL. Peyton Manning in rare form well before start of season; finds solid target in Demaryius Thomas

Even with Eric Decker down, Peyton Manning didn't miss a beat.

Decker has been the star of the Broncos' training camp so far, but when he went out with a strained groin, Demaryius Thomas stepped up to solidify his standing in Manning's eyes and with Denver's refurbished offence.

Thomas made several big catches Thursday, even turning a rare wobbly pass from Manning into a 35-yard TD when he outleapt Drayton Florence and Raheem Moore at the goal-line. Another time, he gave Tracy Porter a taste of the stiff-arm he used on Ike Taylor to beat Pittsburgh in the playoffs.

Whether on posts, curls or slants, Thomas was there to haul in Manning's fastballs during the no-huddle work to the delight of yet another record crowd — 5,034 — at Dove Valley.

"Well, I think Demaryius has had a really good camp even when Eric's been practising," Manning said. "Demaryius is a guy that we are going to feature. His size and strength and speed just allows you to do certain things with him that other players just can't do. And so, Eric's had a really good camp. He's just got a little tweak, hopefully he'll be back this afternoon or tomorrow.

"But I thought Demaryius these last two days has really made some big plays, he's done some good things with the ball after the catch, which is what we're going to need," Manning added.

After all, Manning's game is built on finding the hole in the defence and getting the ball there as quickly as possible so his receiver can use his legs to turn short passes into long plays.

"You can't just throw down the field every time," Manning said. "You've got to be able to take a five-yard hitch or a little 10-yard hook route and turn it into a 20-yard or a 30-yard gain and he's kind of shown those type of plays these past two days." THE ASSOCIATED PRESS

Competitive practice

Manning's timing hasn't been crimped by the steady stream of receivers hobbling off the field, however, and he said he's pleased with the progress the offence has made in the first week of training camp.

- Also helping Manning get up to speed is a stout secondary led by Champ Bailey.
- "I've said that all along, it's a great challenge going against our defence. There's a lot of speed out there, a lot of experience," Manning said.

PGA

Birdies soar Furyk to top of the leaderboard

Jim Furyk finally made some birdies — a lot of them — for a 7-under 63 to take the lead Thursday in the Bridgestone Invitational.

On a warm day with little wind, Furyk took advantage of the pristine conditions at Firestone to build a two-shot lead over Lee Slattery of England after one round of this World Golf Championship.

Tiger Woods, a seven-time winner at Firestone, looked as if he might be part of the leaderboard until his last six holes. He had to lay up with his third shot on a par 5 and three-putted from 25 feet on the 18th for an even-par 70. THE ASSOCIATED PRESS

Jim Furyk
GREGORY SHAMUS/GETTY IMAGES

NHL

Four of the Russian Five to reunite in Detroit

Four players from Detroit's "Russian Five" will be on hand when Red Wings alumni take on alumni from the Toronto Maple Leafs the day before the Winter Classic.

Viacheslav Fetisov, Igor Larionov, Vladimir Konstantinov and Sergei Fedorov will participate in the festivities Dec. 31 at Comerica Park in Detroit. THE ASSOCIATED PRESS

SFU could be Canada's first NCAA school

Simon Fraser University's days of being banned from NCAA championships may be coming to an end.

The NCAA is on the verge of going international. By supporting a change in constitutional language, the NCAA's Executive Committee paved the way for SFU, located in Burnaby, B.C., to become the first member from outside the U.S. to join the American college sports governing body.

"I'm absolutely ecstatic to be the first Canadian school to join the NCAA and to give our student-athletes the opportunity to compete against the best programs in the United States and Canada," said Milton Richards, Simon Fraser's senior director of athletics and recreation.

All it will take now is a vote from the Division II President's Council next Thursday. If approved, Simon Fraser could be playing games as of Sept. 1 as an NCAA member.

SFU has competed in the NCAA for the past three years as part of a 10-year pilot program for Canadian schools, but the Clan was prohibited from competing for national championships because of its provisional status. SFU teams could only advance as far as conference championships.

It's the first time since the NCAA adopted the 10-year pilot program for Canadian schools that a university has moved this close to full NCAA membership.

"The biggest thing this means is that our student-athletes can have all the full rights and privileges of being a member of the NCAA," said Richards.

Last year, the Simon Fraser men's soccer team was ranked No. 1 in the NCAA, but it could not compete for a national title. Meanwhile, some SFU teams in other sports, like the women's swimming squad, were not allowed to be ranked. The provisional status also denied athletes all-America awards. THE CANADIAN PRESS

Quoted

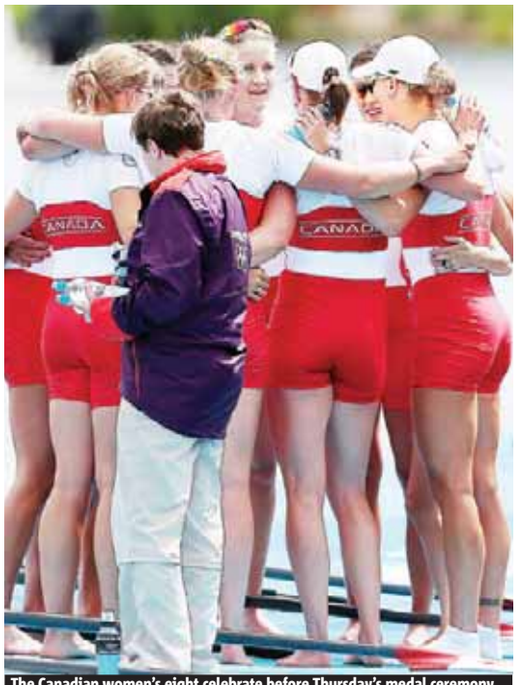
"I don't know if it hurts us, other than the fact that SFU probably now will be recruiting Americans to play for SFU in the NCAA. It's going to give less opportunity for Canadians."

B.C. Lions general manager Wally Buono, who does not necessarily see a benefit for the CFL recruiting Canadian talent in the Simon Fraser move.

Mobile sports

A 37-year-old flag-bearer. A 39-year old cyclist. Sailors in their 40s. A retirement-aged show jumper. Canadians might be tempted to think the Olympics are pushing the boundaries of middle age this year, given the vintages of some of the athletes representing this country at the London Games. Scan the code for the story.

Women's eight make it 2 straight



The Canadian women's eight celebrate before Thursday's medal ceremony.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Rowing. Canadian women 'can't be disappointed' with silver-medal finish behind U.S.

Andreanne Morin clutched her Olympic silver medal, as if remembering every early morning training session and aching muscle that preceded it.

"For me this is the culmination of my 12 years of rowing," said the 30-year-old from Quebec City, after Canada's second-place finish in the women's eight Thursday. "I'm talking to you and holding onto this (medal) quite tightly, because it's the proof, the material proof of what I've done.

"It's a lot about the journey and what you live with these teammates. That's how I look at it today. It was an exceptional race, it really was."

The Canadian women lost to an exceptional team. The U.S., champions in Beijing, have not been beaten in six years.

But it was a photo finish in May when the two met at a World Cup in Lucerne, Switzerland, where the U.S. won by just 0.03 seconds.

On Thursday, the powerful Americans led all the way to win in six minutes 10.59 seconds. The Canadians charged at them down the stretch, posting the fastest splits in the final 1,000 metres, but could not peg them back and finished in 6:12.06 ahead of the Dutch in 6:13.12.

"I have to take my hat off to the U.S. crew," said Peter Cookson, Rowing Canada's high performance director. "We literally did everything we could to try to win the race.

"When you look at all the training we did and all the physiology work we did, all the recovery work we did with that group. And they're an unbelievably great group of women in our Canadian boat. And for them to get beat, that must take a really great crew to beat them."

Cookson noted the women's eight had come from "not a great place in 2009," when they barely made the final at the world championships. Now they are the team keeping the U.S. on their toes.

To a woman, the Canadians were beaming after the race. They were also emotional, knowing a changing of the guard is inevitable after the Olympic quadrennial.

But there were no regrets. The women clambered over the fence in front of the friends and family section to hug loved ones and show off their medals under the sun at Eton Dorney.

"We went to win and didn't do it, but sure are enjoying the silver," said 52-year-old coxswain Lesley Thompson-Willie.

"No regrets, great race."

Lauren Wilkinson of North Vancouver said the Canadians had given it their all.

"Obviously we wish that our bow had been in front but we just gave it our everything," said Wilkinson. "I don't think a single person in that boat had anything left in the tank. So we have no regrets even though it wasn't necessarily the colour of medal we had hoped for."

Added Winnipeg's Janine Hanson: "Silver's great. We can't be disappointed with that at all."

The medal was the second for Canadian rowers here. The men's eight won silver behind Germany on Wednesday.

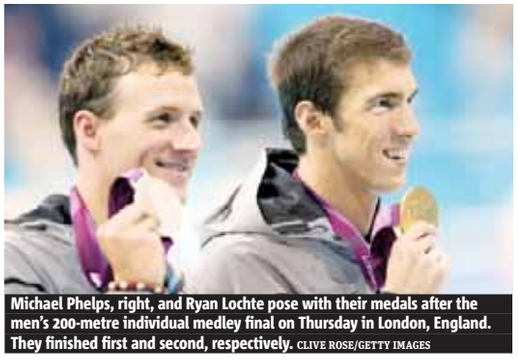
Also on the Canadian team were Ashley Brzozowicz of London Ont., Krista Guloien, of Port Moody B.C., Darcy Marquardt of Richmond B.C., Natalie Mastracci of Thorold, Ont., and Rachelle Viinberg of Regina. THE CANADIAN PRESS

Five-for-seven

It's back to the classroom for Lesley Thompson-Willie, with a fifth Olympic medal in tow.

- The 52-year-old high school teacher/librarian from London, Ont., is the first Canadian athlete to win medals in five different Olympic Games.
- London is Thompson-Willie's seventh Olympics — it would have been eight had it not been for the 1980 boycott of the Moscow Games. She won silver with the four in 1984 and gold with the eight in 1992, silver in 1996 and bronze in 2000.

Phelps bests Lochte for his first solo gold in London



Michael Phelps, right, and Ryan Lochte pose with their medals after the men's 200-metre individual medley final on Thursday in London, England. They finished first and second, respectively. CLIVE ROSE/GETTY IMAGES

Michael Phelps added to his medal collection with his first individual gold of the London Games, and handed Ryan Lochte a double disappointment on his rival's final night in the pool.

Phelps set the tone right from the start Thursday to become the first male swimmer to win the same individual event at three straight Olympics, capturing the 200-metre individual medley for his 20th career medal — and 16th gold. He touched in 1 minute, 54.27 seconds, just off his winning time in Beijing, but still good enough for gold. Lochte settled for silver and Hungary's Laszlo Cseh took the bronze.

So a farewell games that started as a bit of a disappointment for Phelps is definitely looking up. He's now won two golds and two silvers in five races — not up to his standards when he went 8-for-8 in China four years ago, but a fitting capper to a brilliant career that still has two more events to go.

As soon as Phelps finished off Lochte, he hopped out of the pool and headed to the nearby diving well to warm down, knowing he still had a semi-final of the 100 butterfly before the night was done. He was the top qualifier in that one, setting up a rematch in Friday's final against Milorad Cavic — a Serbian who still seems to think he got to the wall first in Beijing but lost by a hundredth of a second.

"Going into every call room, I said it's my last semifinal or my last prelim or my last semi of the 100 fly, so tonight is the last semi ever," said Phelps, who plans to retire from swimming as soon as he touches the wall for the final time in London. "We're kind of chalking up all the lasts of certain things." THE ASSOCIATED PRESS

Phelps vs. Lochte

The number of medals won by the American swimmers:

- **Phelps.** Four medals — two golds and two silvers — with the chance of finishing the Games with six.
- **Lochte.** Five medals — two golds, two silvers, one bronze.

Bolt's chance to take over London

Track-and-field. 2008's 100-metre champion wants to be 'living legend,' but will face big test in countryman Blake

An image of Usain Bolt is projected onto the British House of Parliament during last Friday's opening ceremony. FENG LI/GETTY IMAGES FILE

By the time Usain Bolt's showboating, record-breaking, gold-gobbling act on the track got revved up at the Beijing Games four years ago, Michael Phelps was already firmly established as the star of those Olympics.

Nothing anyone did — even Bolt's unprecedented sweep of the 100, 200 and 4x100-metre relay with best-in-history times — could possibly steal the spotlight from Phelps and his eight-gold performance in the pool.

Now it's a different story.

The first week of the London Olympics left a noticeable vacancy on centre stage. As if on cue, up steps Bolt, the effervescent Jamaican sprinter who comes in with the most to win, and lose, as the 10-day athletics meet begins Friday at 80,000-seat Olympic Stadium.

Bolt wants nothing less than to become a "living legend" and is well aware that repeat victories in the two individual sprints will put him there. Of course, he'll need to be better than countryman Yohan Blake, who upset Bolt in the 100 and 200 finals at the Jamaican trials.

Win or not, Bolt is guaranteeing a good show.

"Hands down. For sure," he said. "I'm thinking this could easily be one of the fastest 100 metres anybody has ever seen, because these guys have shown a lot of potential throughout the season. There are guys that have been running fast, especially because it's an Olympic year."

Quoted

"There's no pressure. Yes, I'm the fastest man in the world right now and some people say I'm the man to beat, but when we're on the line, it's different."

Jamaica's Yohan Blake

Bolt was coasting, thumping his chest before he crossed the finish line when he set the world record in Beijing at 9.69 seconds. At the world championships a year later, he lowered it to 9.58. Bolt and his coach, Glen Mills, both say a 100-metre run in the 9.4-second range is possible, but only if the weather in London co-operates. The forecast for Sunday's final calls for murky skies with a 30 per cent chance of rain.

Beyond Bolt and Blake, nearly every main contender in the marquee event has a good story to tell. There are Americans Tyson Gay (oft-injured, still in search of an Olympic medal) and Justin Gatlin (2004 Olympic champion, back in 2012 after a four-year doping ban), and another Jamaican, 29-year-old Asafa Powell, a former world-record holder who is still fast.

THE ASSOCIATED PRESS

Canadian hopeful

Nine Canadians compete on the first day of track and field Friday, including Jessica Zelinka of London, who is gunning for a podium finish in the heptathlon after finishing fifth four years ago in Beijing. THE CANADIAN PRESS

Armstrong ready to launch Canada onto track podium

Shot put. After missing out on a medal in Beijing by less than a centimetre, the 345-pounder has worked his way up international rankings

Dylan Armstrong THE ASSOCIATED PRESS

Dylan Armstrong has worked the last four years for this day, when he hopes to erase the disappointment of Beijing with one launch of the shot put.

The 31-year-old from Kamloops, B.C., competes on the first day of track and field Friday at the London Olympics, four years after he missed a medal by less than a centimetre and finished fourth at the Beijing Games.

Since then, the six-foot-four, 345-pound mountain of a man has worked his way up the international rankings, and was No. 1 in the world last year.

Armstrong is Canada's top hope for a track and field medal in London, but the shot put field is stacked, and the Canadian believes there are up to six throwers that could climb the top step of the podium — including Americans Christian Cantwell, Reese Hoffa and Ryan Whiting, ranked No. 1-3 in the world.

Athletics Canada head coach Alex Gardiner believes Armstrong is on pace for a strong performance.

"He's recorded a couple of workouts that have been better than any he's had in his life," Gardiner said. "When I heard from him three days ago that he had a personal best in one of his training sessions, I know that he's ready. And he's honest as the day is long."

Armstrong, who's been training in Portugal since the Olympic trials last month in Calgary, has battled back from an elbow injury that kept him out of the final at the world indoor championships. He goes into the event with the eighth-best throw in the world this year — 21.50 metres. His Canadian record, set last year, is 22.21.

"He's ready, he's healthy," Gardiner said. "The elbow problem he had is gone. He's protecting his energy right now." THE CANADIAN PRESS

Quoted

"He's recorded a couple of workouts that have been better than any he's had in his life."

Alex Gardiner, head coach of Athletics Canada, believes Dylan Armstrong is poised to perform well in the shot put

Dream team 2.0

USA's Carmelo Anthony drives to the basket past Nigeria's Derrick Obasohan during a men's basketball game at the 2012 Summer Olympics, late Thursday night. Anthony scored 37 points, making 10 of 12 3-pointers, and the Americans rewrote the Olympic record book with a scintillating shooting performance and 156-73 win, an epic blowout that seemed to send a message to the rest of the men's tournament field.

CHARLES KRUPA/THE ASSOCIATED PRESS

3 to watch this weekend

Women's soccer

Canada plays for its first-ever spot in the final four when they battle Great Britain.

It won't be an easy one for the seventh-ranked Canadians. Britain has been a big surprise, winning all three preliminary-round games without allowing a goal.

Time: Friday, 2:30 p.m.
Channel: OLN

Women's trampoline

Karen Cockburn, pictured, will try to add to her three Olympic medals (two silver, one bronze) while Rosannagh MacLennan looks for her first.

Both Canadians are strong podium candidates.

Time: Saturday, 9 a.m. (qualification), 10:20 a.m. (final).
Channel: CTV

Women's diving

Jennifer Abel brought Canada its first medal in 2012, a bronze in the three-metre synchronized with Emilie Heymans, last Sunday. Abel will be looking for more in this weekend's three-metre individual springboard.

Time: Sunday, 7 p.m (final).
Channel: TSN

THE CANADIAN PRESS

Swimming

Hayden back in pool hours after win

Celebrating an Olympic medal all night instead of swimming another race was not an option for Brent Hayden.

Hours after winning his bronze in the 100 freestyle, Hayden was back on the start blocks in the 50-metre freestyle Thursday.

He didn't make it to the final, but he still felt it was worth doing.

"I'm in an event in the Olympics," Hayden said. "You've got take that opportunity. For me, it's never going to come around again.

"I knew I was an outside shot, but I knew if I did nail my race, I knew that I would have actually had a shot to be in the final and maybe even go for a podium."

THE CANADIAN PRESS

Brent Hayden prepares for his 50m freestyle semi-final Thursday.

FRANK GUNN/THE CANADIAN PRESS

Day 6 results

MEDAL STANDINGS

THROUGH 91 OF 302 EVENTS

Nation	G	S	B	Total
United States	18	9	10	37
China	18	11	5	34
Japan	2	6	11	19
Germany	4	8	5	17
France	6	4	6	16
Russia	3	5	8	16
Britain	5	6	4	15
South Korea	7	2	5	14
Australia	1	7	3	11
Italy	3	5	2	10
Canada	**0**	**2**	**5**	**7**
Netherlands	2	1	3	6
Ukraine	2	0	4	6
Romania	1	3	2	6
North Korea	4	0	1	5
Hungary	2	1	2	5
Brazil	1	1	2	4
Mexico	0	3	1	4

WHAT CANADA DID

Thursday at the 2012 London Olympics:

BADMINTON

Women's doubles — Alexandra Bruce and Michele Li, both Toronto, lost their semifinal match to Mizuki Fujii and Reika Kakiiwa of Japan, 2-1 (21-12, 19-21, 21-13), and will play the Russian team for the bronze medal.

BEACH VOLLEYBALL

Women — Annie Martin, Lachine, Que., and Marie-Andree Lessard, Lasalle, Que. (0-3 in round-robin), were eliminated after losing 2-1 to Marta Menegatti and Greta Cicolari of Italy.

GYMNASTICS

Women's all-around final — Dominique Pegg of Sarnia, Ont., placed 17th overall with a score of 55.565 points.

JUDO

Women's under-78 kilogram class — Amy Cotton, Montreal, lost in the elimination round to Audrey Tcheumeo, France, by Yuko, De-ashi-barai.

ROWING

Women's lightweight double sculls — Lindsay Jennerich and Patricia Obee, both Victoria, were fourth in their semifinal in seven minutes 14.83 seconds, and will race in the B-final.

Women's eights (with coxswain) — Canada (Ashley Brzozowicz, London, Ont.; Krista Guloien, Port Moody, B.C.; Janine Hanson, Winnipeg; Darcy Marquardt, Richmond, B.C.; Natalie Mastracci, Thorold, Ont.; Andreanne Morin, Quebec City; Lesley Thompson-Willie, London, Ont.; Rachelle Viinberg, Regina; Lauren Wilkinson, North Vancouver, B.C.) won the silver medal (6:12.06).

Men's double sculls — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, placed sixth in the B-final (6:32.61).

Men's fours — Canada (William Dean, Kelowna, B.C.; Anthony Jacob, Victoria; Derek O'Farrell, Montreal; Michael Wilkinson, North Vancouver, B.C.) placed fifth in their semifinal (6:08.90) and are relegated to the B-final.

SAILING

49er — Gordon Cook, Toronto, and Hunter Lowden, West Vancouver, B.C., are in 15th place after eight races with 74 points.

470 — Luke Ramsay and Mike Leigh, both Vancouver, are 25th overall with 46 points.

Finn — following the eighth race, Greg Douglas of Toronto stands 15th overall (105).

Keelboat/Star — Richard Clarke, Salt Spring Island, B.C., and Tyler Bjorn, Beaconsfield, Que., are ranked 13th (75 points).

Men's RS-X (windsurfing) — Zachary Plavsic, Vancouver, is eighth overall through six races (40).

Women's RS-X (windsurfing) — after six events, Nikola Girke of West Vancouver, B.C., is ninth (40).

SWIMMING

Women's 200 backstroke — Sinead Russell, Burlington, Ont., was seventh in qualifying (2:09.04), and earned a berth in Friday's final with the eighth-best time in the semifinals (2:08.76); Hilary Caldwell, White Rock, B.C., did not advance beyond qualifying (2:10.75).

Women's 200 breaststroke — Martha McCabe, Toronto, placed fifth in the final (23.16) — 2.24 seconds out of the bronze medal.

Women's 800 freestyle — Alexa Komarnycky, Victoria, placed 11th overall in qualifying (8:28.11); Savanah King, Toronto, was 15th (8:29.71); neither qualified for the final.

Men's 50 freestyle — Brent Hayden of Mission, B.C., was 13th overall in qualifying (22.15), but did not advance beyond the semifinals where he tied for 14th (22.12).

Men's 100 butterfly — 20. Joe Bartoch, London, Ont,. was 20th overall in qualifying (53.09), did not advance.

SOCCER

WOMEN

QUARTER-FINALS

Friday's games — All Times Eastern

Sweden vs. France, 7 a.m.
United States vs. New Zealand, 9:30 a.m.
Brazil Japan, Noon
Britain vs. **Canada**, 2:30 p.m.

BASKETBALL

MEN

FIRST ROUND

Group A

Team	W	L	Pts
United States	3	0	6
France	2	1	4
Argentina	2	1	4
Lithuania	1	2	2
Nigeria	1	2	2
Tunisia	0	3	0

Group B

Russia	3	0	6
Spain	3	0	6
Brazil	2	1	4
Australia	1	2	2
Britain	0	3	0
China	0	3	0

Thursday's results
Argentina 92 Tunisia 69
Australia 81 China 61
France 82 Lithuania 74
Russia 75 Brazil 74
Spain 79 Britain 78
United States 156 Nigeria 73

WOMEN

FIRST ROUND

Group A

Team	W	L	Pts
China	3	0	6
United States	3	0	6
Turkey	2	1	4
Czech Republic	1	2	2
Croatia	0	3	0
Angola	0	3	0

Group B

France	3	0	6
Russia	3	0	6
Australia	2	1	4
Canada	**1**	**2**	**2**
Britain	0	2	0
Brazil	0	2	0

Friday's games — All Times Eastern
Angola vs. Croatia, 4 a.m.
Russia vs. Australia, 6:15 a.m.
Brazil vs. **Canada**, 9:30 a.m.
Turkey vs. China, 11:45 a.m.
France vs. Britain, 3 p.m.
Czech Republic vs. United States, 5:15 p.m.

SWIMMING

WOMEN

200 BREASTSTROKE

Final

1. Rebecca Soni, United States, 2:19.59.
2. Satomi Suzuki, Japan, 2:20.72.
3. Iuliia Efimova, Russia, 2:20.92.
4. Rikke Pedersen, Denmark, 2:21.65.
5. **Martha McCabe, Toronto, 2:23.16.**
6. Micah Lawrence, United States, 2:23.27.
7. Suzaan van Biljon, South Africa, 2:23.72.
8. Sally Foster, Australia, 2:26.00.

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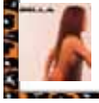
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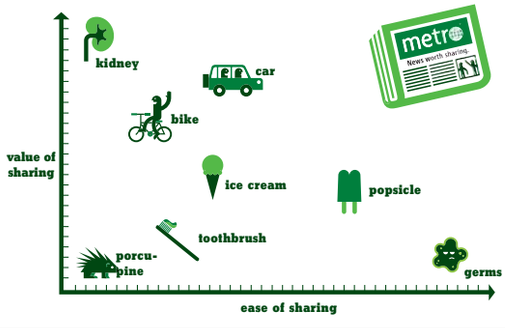

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Horoscopes

♈ Aries
March 21 - April 20
You will find it hard to get through your "to do" list today — your heart is just not in it. In which case, why not take the hint and relax for a while? It's not as if you haven't earned it.

♉ Taurus
April 21 - May 21
You may be tempted to cut a deal that gives you less than you know you are worth but you are strongly advised not to do it. If you give in once, you will be expected to do it again and again.

♊ Gemini
May 22 - June 21
You seem to be at peace with yourself at the moment, which isn't something you can say too often. Wherever you go and whatever you do, nothing will faze you. If only every day could be this easy!

♋ Cancer
June 22 - July 23
If you are a typical Cancerian you will want to do something creative today, something in which you can involve both your head and your hands. It will be more exciting if you do it with like-minded people.

♌ Leo
July 24 - Aug. 23
You are in a generous mood at the moment — you want to share your good fortune with the whole world. That may not be possible but you can share it with a special few, who in turn will share it with others.

♍ Virgo
Aug. 24 - Sept. 23
Do you tell a friend what they need to hear, or what they want to hear? It's got to be the former, even though they may dislike what you say and dislike you for saying it. They'll thank you one day.

♎ Libra
Sept. 24 - Oct. 23
Find a way to escape the daily grind, if only for a few hours. You need to spend some time by yourself to get your thoughts in order and decide what you ought to do next. Clear a space for your mind.

♏ Scorpio
Oct. 24 - Nov. 22
Take time out from your busy schedule today to get to know someone who is sending you signals you cannot ignore. Could it be the start of a new romantic relationship? Yes. But it's not the only possibility.

♐ Sagittarius
Nov. 23 - Dec. 21
How often do you say the three magic words "I love you"? Not often enough. Make it your number one priority today to remind the most special person in your life that you still care deeply for him or her.

♑ Capricorn
Dec. 22 - Jan. 20
You may be a bit of a workaholic by nature but you can sense it is time to slow down. As the week draws to a close you should draw a line between work time and play time — and favour the latter.

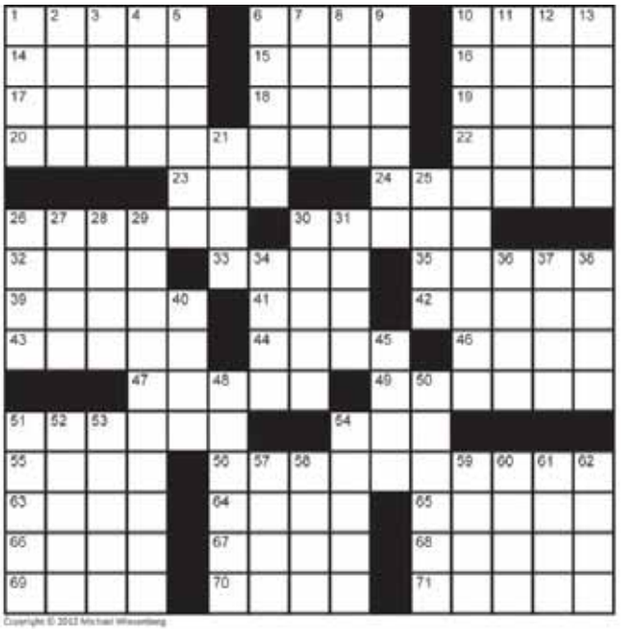
♒ Aquarius
Jan. 21 - Feb. 19
You are in love with the world and everyone in it. Well, OK, maybe not everyone, but most people, the good people, the ones who share your desire to make the world a better place. Very few don't.

♓ Pisces
Feb. 20 - March 20
There is something you want to say but are reluctant to do so because you fear it won't go down well with loved ones. Maybe it won't, but the truth is the truth. Sooner or later, it is sure to come out.

SALLY BROMPTON

Crossword: This, That, and the Other

BY MICHAEL WIESENBERG



Across

1. Apple devices with earbuds
6. Body art, slangily
10. Cabaret star Minnelli
14. Chart again
15. "Ah! Say no more"
16. "... unto us ___ is given": Isaiah 9:6, foretelling the birth of Jesus
17. From the Emerald Isle
18. Come-on
19. William Lyon Mackenzie ___: 10th Prime Minister
20. Saint John, NB-born Donald who starred in the remake of Invasion of the Body Snatchers and Eye of the Needle
22. Québec summers
23. Cowboy actor Rogers
24. Sign up for military service
26. Lowered the lights
30. Calgary Stampede, at heart
32. Operatic solo
33. 007's alma mater (as well as Ian Fleming's)
35. "Also" in Québec
39. Swedish strongman actor Lundgren (Rocky IV, The Expendables)
41. Wide wonder
42. 747 flier
43. Foot joint
44. Duo
46. Easily molded
47. ___ DeGeneres
49. Canada's best known retailer, familiarly
51. #1 1980 Blondie tune about phoning
54. Observe
55. "___ sow, so shall ..."
56. Canada's third largest financial institution
63. Almond ___: toffee candy
64. Ripped
65. Claw
66. Artificial grass
67. Red-wrapped cheese
68. Make happy
69. "Sad to say..."
70. Fam. members
71. Sign up for more magazine issues

Down

1. Center of the eye
2. Lima's land
3. Decide not to include
4. Track sprint
5. Orb
6. Canadian actress and poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or younger sister actress Meg
7. Largest continent
8. Nashville's state: abbr.
9. Sowed grass
10. Rocky Mountains best known vacation destination after Banff
11. "Lord, ___?": Last Supper question
12. Daydreams, with "out"
13. Acute feeling of anxiety
21. Went on horseback
25. Bimonthly tide
26. Baby's second word, often
27. Clothes presser
28. Exploit
29. Toronto team
30. Mr. Bean actor Atkinson
31. "Dedicated to the ___ Love": 1961 Shirelles hit
34. CD predecessor
36. Pig
37. Davenport
38. Teeny
40. Captaincy
45. Trans-Canada Highway, in short
48. PM Pearson
50. Wintertime appliance
51. Magna ___
52. "Don't tell ___!": "Mum's the word!"
53. Du Pont trademarked stretch material
54. Plant supports
57. The Da Vinci ___
58. Spoken
59. Hay amount
60. Actor Alda
61. Brief bit of correspondence
62. Felt certain

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4		9				8		1
	6	3	2		8	4	5	
7								3
			6		4			
	4			1			9	
			9		5			
5								4
	3	4	5		7	1	2	
9		6				5		7

Yesterday's Sudoku

7	4	2	8	5	1	3	6	9
1	8	3	4	9	6	2	7	5
5	9	6	7	3	2	1	8	4
3	7	9	2	1	5	8	4	6
8	2	4	6	7	9	5	1	3
6	5	1	3	8	4	9	2	7
9	1	7	5	4	8	6	3	2
4	6	5	1	2	3	7	9	8
2	3	8	9	6	7	4	5	1

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Check the 14 day trend.
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